



SWEDISH MEATBALLS

SUBMITTED BY: Danielle Beach St-Jean - Supervisor, Guest Services

It's delicious, quick and easy to prepare.

DIRECTIONS:

1. In mixing bowl, combine first 5 ingredients. Add meat and mix well.
2. Shape into meatballs. In large skillet, cook meatballs in butter, half at a time, until no pink remains. Put aside and repeat.
3. Keep drippings in pan (you may need to add an additional tbsp of butter); using whisk, add flour, bouillon and pepper to drippings. Add remaining milk to drippings and heat while stirring, to thicken into sauce.
4. I add an extra cup of milk and 1 -2 tbsps flour to make a more generous amount of sauce. Return meatballs to skillet to heat through.
5. Boil noodles in separate pan; drain and place on platter; pour meatballs and sauce over noodles to serve.

INGREDIENTS:

1 egg, beaten
1 lb ground beef
2 ¼ cups milk
1 tbsp butter
¾ cup soft bread crumbs
2 tbsps flour
½ cup finely chopped onion
2 pkts beef bouillon
¼ tsp pepper
1/8 tsp pepper
1 pkg large broad egg noodles