



*Submitted by: Ken Anderson*

## **Swedish Meatballs**

### **Ingredients:**

2 large Eggs  
¾ cup whole milk  
2 Tbsp. dried onion  
1 Tbsp. salt  
½ tsp. pepper  
1 cup plain breadcrumbs  
1 lb. ground beef  
½ lb. ground pork  
4 Tbsp. butter  
2 Tbsp. corn starch  
½ cup milk (additional)  
½ tsp. caraway seeds (optional)

### **Directions:**

1. In a large bowl, beat eggs slightly, add ¾ cup milk, dried onion, salt, sugar, and pepper, and mix together. Add breadcrumbs and mix well. Allow to sit for a half hour to blend flavors.
2. Add meat and mix well. Wet hands with cold water to avoid sticking, and shape into round balls about the size of a walnut.
3. Melt 2 Tbsp. of the butter in large skillet, add meatballs to pan and cook until browned, turning as needed.
4. Add 2 or 3 Tbsp. of water, cover and steam for 15 to 20 minutes.
5. Remove cooked meatballs to clean bowl. Melt other 2 Tbsp. of butter, then add corn starch and mix well. Add ½ cup milk slowly and blend together. Add caraway seeds and mix. Serve warm.