

Norwegian Meatballs

*Minnesota Heritage Cookbook I
Best of the Best Minnesota Cookbook*

Servings: 8

*1 1/4 pounds lean ground beef
3/4 pound ground pork and veal combined
2 slices soft white bread, without crusts
2/3 cup light cream
2 eggs, lightly beaten
1 small onion, grated
1 large clove garlic, minced
1 tablespoon parsley, chopped
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon nutmeg
1/4 teaspoon allspice
2 tablespoons margarine
1 tablespoon oil
1 1/2 quarts beef bouillon
1/4 cup flour
1 cup water
salt (to taste)
pepper (to taste)*

In a large bowl, mix together the beef, pork and veal.

In a separate bowl, soak the bread in cream for a few minutes. Add the meat. Add the eggs, onion, garlic, parsley, salt, pepper, nutmeg and allspice. Mix thoroughly, using your hands. Shape into one-inch balls..

Refrigerate for 30 minutes.

In a skillet, heat the margarine and oil. Fry the meatballs until lightly browned.

In a large kettle or Dutch oven, heat the beef bouillon. Drop the browned meatballs into the bouillon. Simmer, covered, for 20 minutes.

In a bowl, mix the flour and water together. Add to the broth. Simmer 10 minutes longer. Season to taste with salt and pepper.

Per Serving (excluding unknown items): 320 Calories; 25g Fat (70.9% calories from fat); 16g Protein; 7g Carbohydrate; trace Dietary Fiber; 119mg Cholesterol; 1397mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.