
Swedish Meatballs IV

Kerry Okrina

The Aroma of Creative Cooking - Washington Senior High School Concert Choir, Sioux Falls, SD - 1987

1 1/4 pounds lean ground beef
1 1/2 cups bread crumbs
1 cup Half-and-Half
1/2 cup onion, chopped
1 tablespoon margarine
1 egg
1/4 cup parsley, finely chopped
1 1/2 teaspoons salt
1/4 teaspoon ginger
1/8 teaspoon pepper
1/8 teaspoon nutmeg
2 tablespoons margarine
3/4 cup beef broth
2 tablespoons all-purpose flour
1/4 cup cold water
1/2 teaspoon instant coffee

In a bowl, soak the bread and cream together for 5 minutes.

In a skillet, cook the onion in one tablespoon of margarine until tender.

In a bowl, combine the ground beef, bread mixture, egg, onion, parsley, salt, pepper, ginger and nutmeg. Beat vigorously until fluffy, about 5 minutes.

Form the mixture into 1-1/2-inch meatballs.

In a skillet, fry the meatballs in batches. Remove from the skillet. Set aside.

Stir the flour into the pan drippings. Add the beef broth, water and instant coffee. Simmer for 10 minutes. Add the meatballs. Cover and cook for 30 minutes.

Meatballs

Per Serving (excluding unknown items): 2657 Calories; 166g Fat (57.1% calories from fat); 138g Protein; 141g Carbohydrate; 6g Dietary Fiber; 638mg Cholesterol; 6428mg Sodium. Exchanges: 8 1/2 Grain(Starch); 16 1/2 Lean Meat; 1 1/2 Vegetable; 23 1/2 Fat.