

SWEDISH MEATBALLS

Nelson Family Tradition: Violet, growing up in a family of Swedish heritage, has fond memories of making and eating Swedish Meatballs every Christmas Eve and Christmas Day. Typically the family would all help in the preparation of the meal while listening to Christmas carols.

Ingredients:

1 # ground beef
1/2 # ground pork
1/2 c. minced onion
3/4 c. fine breadcrumbs/panko
1 T. parsley
1 1/2 T. salt
pepper
1 t. worchestershire
1 egg
1/2 c. milk

Directions:

Mix all ingredients. Shape into size of walnuts. Brown in 1/4 c. hot fat. Remove and make gravy.

Gravy: Stir 1/4 c. flour, 1 t. paprika, salt and pepper into hot fat in skillet. Stir in 2 c. boiling water and 3/4 c. sour cream.

Put meatballs back in gravy and cook 15-20 minutes.

Source: Violet Nelson