

# Swedish Meatballs



## Ingredients

1 lb / 0.5 kg lean ground pork  
1 egg, slightly beaten  
¼ cup / 50 mL milk  
½ cup / 125 mL finely chopped yellow onion  
1 tsp / 5 mL Worcestershire sauce  
1 tsp / 5 mL Dijon mustard  
½ tsp / 2 mL EACH salt and ground black pepper, divided  
¼ tsp / 1 mL EACH ground allspice and ground nutmeg  
⅓ cup / 80 mL fine dry breadcrumbs  
1 ½ cups sodium-reduced beef broth  
1 Tbsp / 15 mL chopped fresh thyme  
½ cup / 125 mL sour cream  
¼ cup / 50 mL all-purpose flour  
1 Tbsp / 15 mL lemon juice  
Hot cooked egg noodles for serving  
Chopped fresh chives for garnish

## Directions

1. In large bowl, gently combine ground pork with egg, milk, onion, Worcestershire sauce, mustard, half the salt and pepper, allspice, nutmeg and breadcrumbs; do not overmix.
2. Form mixture into 1-inch balls; refrigerate until firm, 15-20 minutes.
3. Meanwhile, in slow cooker, combine broth, thyme and remaining salt and pepper.
4. Arrange meatballs in slow cooker. Cover and cook on LOW, 6-8 hours or until instant-read thermometer inserted into the centre of a few meatballs registers 160°F.
5. Remove meatballs from slow cooker; set aside.
6. Mix sour cream with flour until smooth; whisk into slow cooker.
7. Return meatballs to slow cooker. Cook, uncovered, on HIGH until sauce is slightly thickened, 15-20 minutes.
8. Stir in lemon juice. Serve meatballs over egg noodles. Garnish with chopped chives.

## **Additional Info**

- **Cut:** Ground pork
- **Prep Time (Minutes):** 25
- **Cook Time (Minutes):** 8.5 hrs
- **Number of Servings:** 4