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