



# SWEDISH MEATBALLS

## R E C I P E

Servings: 6

1.5 lbs. Grass Fed  
Ground Beef

1.5 lbs. Ground Pork

8 oz. Diced Onion

0.5 oz. Canola Oil

7 oz. Yellow Mustard

3 oz. Light Brown  
Sugar Syrup

0.75 oz. Whole Milk

3 Eggs

8 oz. Breadcrumbs

Salt

Pepper

### PREPARATION:

Preheat oven to 350° F

Combine ground beef and ground pork in a bowl; Set aside

Place onions, salt and oil on a sheet pan; Roast for about 15 minutes until caramelized

In a blender, combine caramelized onions, mustard, eggs, milk, syrup, salt and pepper; Blend until it becomes a smooth paste

Add breadcrumbs into mustard mixture; Fold in until fully incorporated

Combine ground meat mixture and mustard mixture; Mix well by hand or in mixer with paddle attachment

Shape meatballs into 2" balls (we recommend cooking a small amount to taste seasoning)

Place meatballs on a sheet pan and bake in the oven for 10 minutes

Heat oil in a big frying pan; Sear meatballs in small batches until golden brown

Serve with mashed or boiled potatoes, creamy brown gravy, lingonberry jam and pickled cucumber