

Swedish Meatballs

Barbara Rainey

1 lb ground beef

½ cup milk

½ cup parmesan cheese

1 tsp salt

½ cup soft bread crumbs

1 egg slightly beaten

2 tbs. minced onions

¼ tsp pepper



- Shape into 1 1/2" balls and brown in 2 tbs butter in a large skillet. Remove as they are browned and mostly cooked to drain on paper towels.
- Add ¼ cup flour to remaining butter and meat crumbs in the skillet. Blend well with wire whisk.
- Add 1 can of beef consommé (Campbells Soup brand) and stir with whisk until it thickens to a nice gravy.
- Add ½ cup sour cream and blend with whisk.
- Optional: add 4 oz can mushrooms
- Add meatballs and simmer on lowest heat for 20 min. to finish cooking meatballs.
- Serve over rice or noodles.