

# Norwegian-Style Meatballs

If you are Norwegian, these meatballs are true comfort food. Even if you are not from Norway, you will find the combination of meats and spices in them makes a delightful treat. These meatballs make for hearty winter fare served over buttered egg noodles, or even with a butter and parsley adorned boiled potato for a simple but tasty entrée.



## Ingredients

- 1 lb (454 g) lean ground beef
- ½ lb (227 g) ground pork
- 1 lg egg
- ¾ C (60 g) panko
- 1 tsp (5 g) salt
- ½ tsp (1 g) pepper
- ¼ tsp (0.6 g) nutmeg
- ¼ tsp (0.5 g) ginger
- ⅛ tsp (0.6 g) allspice
- ½ C (118 ml) milk
- 1 C (201 g) yellow onion, minced
- ¼ C (10 g) fresh parsley, chopped
- 6 Tbsp (86 g) butter, divided
- ¼ C (31 g) flour
- 4 C (946 ml) low sodium chicken broth
- ¼ C (118 ml) red wine

## Directions

Combine beef, pork and egg in a large bowl; make a well in the center and add breadcrumbs, salt, pepper, ginger, allspice and milk; let stand 2 minutes. Add onion and parsley and mix together with your hands until completely incorporated; form into 1-inch (2.5-cm) balls. Place 2 T (29 g) butter in a large skillet over medium high, and working in batches, brown meatballs on all sides until cooked through, about 8 minutes per batch. Transfer to a serving bowl; cover loosely to keep warm. Reduce heat to medium, place remaining butter in skillet, add flour and stir to form a thick paste. Cook, stirring constantly, 2 minutes; then whisk in broth and wine. Bring to a boil, reduce heat; simmer until thickened, about 7 minutes. Pour over meatballs, tossing to coat. Serve immediately.

- **Prep time: 6 minutes.**
- **Cook time: 25 minutes.**
- **Makes 6 servings.**