

Crock Pot Swedish Meatballs

n/a

Southern U.S. Cuisine (crockpot collection) at <http://southernfood.about.com>

Formatted for MC5: 10-13-1999 by Joe Comiskey - jcomiskey@krypto.net

1 1/2 cups fresh bread crumbs
1 1/2 pounds ground chuck
2 eggs
1 3/4 teaspoon salt
1/8 teaspoon cardamom (optional)
1/8 teaspoon freshly-ground black pepper
2 tablespoon flour
1 cup milk or cream
1/2 pound lean ground pork
1 medium onion, chopped fine
1/8 teaspoon nutmeg
1 can beef consomme or broth - (10 1/2 oz)
2 tablespoon butter, melted
1/4 teaspoon allspice

Soak bread crumbs in milk for 5 minutes in a large mixing bowl. Add beef, pork, eggs, onion, 1 1/2 teaspoon salt, allspice, nutmeg and cardamom. Mix well. Shape into 1-inch balls. Place on broiler pan and bake for 15 minutes at 400 degrees.

Put browned meatballs in crock pot. Add 1/2 can beef consomme or broth, pepper and remaining salt. Cover and cook on LOW 4 to 6 hours (HIGH 2 to 3 hours).

To thicken gravy, turn crock pot to HIGH. Combine butter and flour to make a smooth paste. Add paste to remaining 1/2 can consomme and pour into crock pot. Cook until thickened, about 45 minutes.

This recipe yields ?? servings.

Per Serving (excluding unknown items): 2415 Calories; 175g Fat (66.7% calories from fat); 140g Protein; 57g Carbohydrate; 4g Dietary Fiber; 948mg Cholesterol; 4913mg Sodium. Exchanges: 3 Grain(Starch); 19 1/2 Lean Meat; 1 1/2 Vegetable; 23 1/2 Fat.