



Slow Cooker Swedish Meatballs

Description

Ingredients

- 26 ounces frozen [meatballs](#), precooked
- 4 tablespoons butter
- 3 tablespoons flour
- 2 cups beef broth
- 1 cup heavy cream
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- dash allspice
- dash nutmeg
- salt and pepper to taste
- noodles for serving

Instructions

- Spray the slow cooker with non-stick cooking spray then place the frozen meatballs in the bottom of the slow cooker.
- For the sauce, melt the butter in a medium skillet over medium-high heat. Add the flour and whisk to create a paste.
- Slowly stir in beef broth and heavy cream.
- Stir in the Worcestershire sauce, Dijon mustard, allspice, and nutmeg. Bring to a simmer until the sauce starts to thicken. Season with salt and pepper to taste.
- Pour the sauce over the meatballs.
- Cover and cook the meatballs for 2 hours on high, or low for 4 to 5 hours.
- Garnish the Swedish meatballs with parsley, and serve with mashed potatoes or egg noodles.

Nutrition

Calories: 522kcal | Carbohydrates: 5g | Protein: 22g | Fat: 46g | Saturated Fat: 23g
| Polyunsaturated Fat: 3g | Monounsaturated Fat: 16g | Trans Fat: 0.3g |
Cholesterol: 147mg | Sodium: 478mg | Potassium: 437mg | Fiber: 0.1g | Sugar: 1g
| Vitamin A: 827IU | Vitamin C: 1mg | Calcium: 53mg | Iron: 2mg

Category

1. Slow Cooker Recipes

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