



Swedish Meatball Pasta Bake

Introduction

Swedish Meatball Pasta Bake is a comforting and hearty dish that combines the classic flavors of Swedish meatballs with pasta for a delightful twist. Perfect for busy weeknights or family gatherings, this recipe brings together the rich, savory taste of meatballs encased in a creamy sauce, all baked to perfection with a golden cheese topping. It's a delicious way to enjoy an easy-to-make meal that everyone will love.

Detailed Ingredients with measures

Pasta: 12 ounces of rotini or any pasta of choice
Ground beef: 1 pound
Ground pork: 1 pound
Breadcrumbs: 1/2 cup
Egg: 1 large
Onion: 1 small, finely chopped
Garlic: 2 cloves, minced
Parsley: 1/4 cup, fresh and chopped
Salt: 1 teaspoon
Black pepper: 1/2 teaspoon
Nutmeg: 1/4 teaspoon
Cream of mushroom soup: 2 cans (10.5 ounces each)
Sour cream: 1 cup
Beef broth: 1 1/2 cups
Shredded cheese: 2 cups (mozzarella or cheddar)

Prep Time

The prep time for Swedish Meatball Pasta Bake is approximately 20 minutes. This includes gathering your ingredients, chopping the vegetables, and preparing the meatballs.

Cook Time, Total Time, Yield

Cook time is about 30-35 minutes. With prep time and cook time combined, the total time for this recipe is around 55-60 minutes. This delightful dish yields about 8 servings, making it perfect for a family meal or leftovers for the week.



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Detailed Directions and Instructions

Step 1: Preheat the Oven

Preheat your oven to 350°F (175°C).

Step 2: Cook the Pasta

Boil a large pot of salted water and cook the pasta according to package instructions until al dente. Drain and set aside.

Step 3: Prepare the Meatballs

In a large mixing bowl, combine ground beef, breadcrumbs, onion powder, garlic powder, salt, pepper, and egg. Mix until well combined. Roll the mixture into small meatballs, about 1 inch in size.

Step 4: Cook the Meatballs

In a large skillet over medium heat, add a little oil. Once hot, add the meatballs and cook until browned on all sides and cooked through. This should take about 8-10 minutes. Remove from skillet and set aside.

Step 5: Make the Sauce

In the same skillet, melt butter over medium heat. Add flour and whisk together until smooth. Gradually add in beef broth and heavy cream while whisking. Cook until the sauce thickens. Stir in seasoning, Worcestershire sauce, and a pinch of nutmeg.

Step 6: Combine Ingredients

In a large mixing bowl, combine the cooked pasta, meatballs, and sauce. Mix thoroughly until everything is evenly coated.

Step 7: Prepare for Baking

Transfer the pasta mixture into a greased baking dish. Top with shredded cheese evenly over the pasta.

Step 8: Bake

Place the baking dish in the preheated oven and bake for about 20-25 minutes or until the cheese is bubbly and golden.

Step 9: Serve

Remove from the oven and let cool for a few minutes before serving. Enjoy your delicious Swedish Meatball Pasta Bake!

Notes

Note 1: Meatball Variations

Feel free to use ground turkey or chicken instead of beef for a lighter option.

Note 2: Pasta Choices

Any type of pasta can work; consider using penne, rigatoni, or rotini.

Note 3: Cheese Options

Try different types of cheese such as mozzarella, cheddar, or a blend for added flavor.

Note 4: Make Ahead

This dish can be prepared ahead of time. Assemble and store in the refrigerator before baking.

Note 5: Freezing Instructions

You can freeze the pasta bake after assembling it. Just make sure to cover it tightly and bake it directly from frozen, adding extra time as needed.



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Cook techniques

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