



# Savory Swedish Meatball Delight

## The First Bite That Stole My Heart

The aroma of buttery onions and nutmeg hit me the moment I walked into my friend's kitchen. Golden meatballs simmered in creamy sauce, glistening over a bed of noodles. One bite—tender, rich, with a hint of warmth from the spices—and I was hooked. **Ever wondered how you could turn Savory Swedish Meatball Delight into something unforgettable...?** Now, it's my go-to comfort dish on chilly nights. Share your first meatball memory below—was it love at first taste?

## My Messy Meatball Adventure

My first try ended with flour on my nose and a sauce too thick. I forgot

to whisk the sour cream slowly, leaving tiny lumps. But the meatballs? Perfectly spiced, thanks to my grandma's old nutmeg trick. **Cooking flops teach us patience—and that even “imperfect” food can taste like home.** What's your funniest kitchen fail? Tell me in the comments!

## Why This Dish Shines

– The nutmeg and allspice add warmth without overpowering the beef. – Sour cream cuts the richness, making each bite creamy but light. **Which flavor combo surprises you most?** Is it the spice blend or the tangy Worcestershire sauce? Vote with a comment!

## A Taste of Sweden at Home

This dish comes from 18th-century Sweden, where meatballs were a thrifty way to stretch meat. They're often served with lingonberry jam there—but our version sticks to classic comfort. \*Did you know?\* Swedish meatballs were popularized globally by IKEA's cafeterias. Try them with mashed potatoes for a twist!



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### Ingredients:

Ingredient	Amount	Notes
White bread	2 slices	Hand torn into 1-inch pieces
Evaporated milk	1/2 cup	
Unsalted butter	1 tablespoon	
White onion	1 cup	Minced
Garlic	2 cloves	Minced
Ground beef (80/20)	1 pound	
Egg	1	Lightly beaten
Coarse kosher salt	1 teaspoon	
Ground black pepper	1/2 teaspoon	
Ground nutmeg	1/4 teaspoon	
Ground allspice	1/4 teaspoon	
Unsalted butter (for sauce)	2 tablespoons	
Flour	3 tablespoons	
Low sodium beef broth	2 cups	
Worcestershire sauce	2 teaspoons	
Sour cream	1/2 cup	
Buttered egg noodles, mashed potatoes, or rice	As needed	For serving

### How to Make Swedish Meatballs Like a Pro

#### Step 1

See also Spicy Hot Honey Beef Bowls with Sweet Potatoes  
Soak the bread in evaporated milk until soft. Let it sit for 5 minutes.

This makes the meatballs tender. Don't skip this step—it's key. **Step 2** Cook onions and garlic in butter until soft. Transfer to the bread mix. Keep the pan—you'll use it later. (Hard-learned tip: Don't burn the garlic—it turns bitter fast.) **Step 3** Mix ground beef, egg, and spices with the bread. Gently combine with your hands. Overmixing makes tough meatballs. Roll into 1-inch balls. **Step 4** Brown meatballs in the same pan. Don't crowd them—cook in batches if needed. Set aside when golden. Save the drippings for the sauce. **Step 5** Make the sauce with butter, flour, and broth. Whisk in sour cream last. Return meatballs to simmer in the sauce. Serve hot. **What's your trick for keeping meatballs tender? Share below!** **Cook Time:** 25-30 minutes **Total Time:** 50 minutes **Yield:** 4 servings **Category:** Dinner, Comfort Food

## 3 Fun Twists on Classic Swedish Meatballs

**Mushroom Swap** Use chopped mushrooms instead of beef for a veggie version. Adds earthy flavor. **Spicy Kick** Add a pinch of cayenne to the meat mix. Perfect for heat lovers. **Apple Twist** Grate a small apple into the meatballs. Sweetness balances the savory. **Which twist would you try first? Vote in the comments!**

## Serving Ideas for Your Meatball Masterpiece

Pair with buttered egg noodles or creamy mashed potatoes. Add a sprinkle of parsley for color. Drink idea: Try a cold lager or sparkling apple cider. Both cut through the richness. **Which would you choose tonight? Tell us below!**



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### Storing and Reheating Tips

Let's keep those meatballs tasty for days. Store leftovers in the fridge for up to 3 days. Reheat gently in a skillet with a splash of broth to keep them juicy. Freeze cooked meatballs and sauce for up to 3 months—thaw overnight before warming. \*Fun fact: Swedish meatballs were inspired by King Charles XII's love of Turkish kebabs.\* Batch-cook and freeze extras for busy nights. Why this matters: Meal prep saves time and stress. Ever tried doubling the recipe for future meals? Share your tricks below!

See also [Oatmeal Pancakes II Recipe](#)

### Troubleshooting Common Issues

Ran into a snag? Here's how to fix it. If meatballs fall apart, chill the mix for 30 minutes before rolling. Sauce too thick? Thin it with extra broth. Too thin? Simmer longer or add a pinch of flour. Why this matters: Small tweaks make big differences. Did your meatballs turn out perfectly? Tell us your secret!

### Your Questions Answered

**Q: Can I make these gluten-free?** A: Yes! Use gluten-free bread and flour. Check Worcestershire sauce labels too. **Q: How far ahead can I prep?** A: Mix meatballs 1 day early. Cook day-of for best texture. **Q: What's a good pork swap?** A: Ground turkey works. Add extra nutmeg for warmth. **Q: Can I halve the recipe?** A: Absolutely. Adjust cooking time slightly for smaller batches. **Q: Best side dish?** A: Buttered noodles are classic. Mashed potatoes soak up sauce nicely.

## Final Thoughts

Hope these tips make your meatball night a hit. \*Fun fact: Swedes eat these with lingonberry jam—try it!\* Tag **@SavoryDiscovery** on Pinterest with your creations. Happy cooking! —Elowen Thorn.



**SAVORY SWEDISH MEATBALL  
DELIGHT**

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## Savory Swedish Meatball Delight



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# Savory Swedish Meatball Delight

Author: Elowen Thorn

Cooking Method:[Stovetop](#)

Cuisine:[Swedish](#)



Courses:[Dinner Main](#)

Difficulty: **Beginner**

Prep time: **15 minutes**

Cook time: **25 minutes**

Rest time:



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Total time: **40 minutes**

**Servings: 4 servings**

Calories: **375 kcal**

Best Season:**Summer**

## **Description**

Experience the rich and comforting flavors of Swedish meatballs with

this savory delight.

## Ingredients

- 2 slices white bread, hand torn into 1-inch pieces
- ½ cup evaporated milk
- 1 tablespoon unsalted butter
- 1 cup white onion, minced
- 2 cloves garlic, minced
- 1 pound 80/20 ground beef
- 1 egg, lightly beaten
- 1 teaspoon coarse kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 2 tablespoons unsalted butter (for sauce)
- 3 tablespoons flour (for sauce)
- 2 cups low sodium beef broth (for sauce)
- 2 teaspoon Worcestershire sauce (for sauce)
- ½ cup sour cream (for sauce)
- buttered egg noodles, mashed potatoes or rice (for serving)

## Instructions

1. In a large mixing bowl, combine the bread pieces and evaporated milk until bread is soaked, allow to sit.
2. In large skillet, melt the butter. Add the onion, allowing to soften for 2 minutes. Add the garlic, cooking for another minute. Transfer the onion and garlic mixture to the bread mixture. Do not rinse out the pan, set aside with the heat off.
3. Crumble the ground beef as you add it to the bread mixture, then

top with the beaten egg and sprinkle with the salt, pepper, nutmeg and allspice. Using your hands, toss to combine, but do not over mix.

4. Roll into 1-inch meatballs. Reheat the skillet over medium heat. There should be enough butter left in the pan to coat, but if not, add 1 tablespoon more butter or neutral oil to prevent sticking.
5. Add the meatballs to the hot pan, browning evenly on all sides, approximately 5-7 minutes. Using a slotted spoon, remove them to a paper towel lined plate or baking sheet to drain excess fat. Set meatballs aside, reserving the drippings in the pan.
6. Continue to heat the pan over medium heat, whisking in the butter and flour to the pan drippings. Slowly whisk in the beef broth and then add the Worcestershire sauce. Bring to a low simmer.
7. When simmering, whisk in the sour cream until combined. Return the meatballs to the pan, tossing to coat, and then reduce heat to low, simmering uncovered for 10-12 minutes.
8. Serve over buttered egg noodles, mashed potatoes or rice.

## Notes

Many recipes use a combination of ground beef and ground pork, feel free to do this or use a “meatloaf mix” which is beef, pork and veal or even ground chicken, as long as it all adds up to 1 pound of ground meat.

Keywords: Meatballs, Swedish, Comfort Food, Dinner

See also Cranberry Glazed Tri-Tip Roast