

# Swedish Meatball Soup

*Debora Taylor - Inkom, ID  
Taste of Home Prize-Winning Recipes*

## Servings: 9

*1 egg  
2 cups half-and-half cream, divided  
1 cup soft bread crumbs  
1 small onion, finely chopped  
1 3/4 teaspoons salt, divided  
1 1/2 pounds ground beef  
1 tablespoon butter  
3 tablespoons all-purpose flour  
3/4 teaspoon beef bouillon granules  
1/2 teaspoon pepper  
1/8 to 1/4 teaspoon garlic salt  
3 cups water  
1 pound red potatoes, cubed  
1 package (10 ounces) frozen peas,  
thawed*

In a bowl, beat the egg. Add one-third cup of cream, the bread crumbs, onion and one teaspoon of salt. Crumble the beef over the mixture and mix well. Shape into 1/2-inch balls.

In a Dutch oven or soup kettle, brown the meatballs in butter, half at a time. Remove from the pan. Set aside. Drain the fat.

To the pan, add the flour, bouillon, pepper, garlic salt and remaining salt. Stir until smooth. Gradually stir in water. Bring to a boil, stirring often.

Add the potatoes and meatballs. Reduce the heat. Cover and simmer for 25 minutes or until the potatoes are tender. Stir in the peas and remaining cream. Heat through.

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Per Serving (excluding unknown items): 328 Calories; 22g Fat (61.4% calories from fat); 16g Protein; 16g Carbohydrate; 2g Dietary Fiber; 91mg Cholesterol; 584mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.