

# Grandmas Swedish Meatballs

*Karin Ness - Big Lake, MN  
Taste of Home Grandma's Favorites*

## **Servings: 4**

*1 large egg, lightly beaten  
1/2 cup (10 crackers)  
crushed saltines  
1/4 teaspoon seasoned salt  
1/4 teaspoon pepper  
1/2 pound ground beef  
1/2 pound bulk pork  
sausage  
1/4 cup + 2 tablespoons all-  
purpose flour, divided  
2 1/2 cups reduced-sodium  
beef broth, divided  
hot mashed potatoes  
minced fresh parsley  
(optional)*

In a bowl, mix the egg, saltines, salt and pepper. Add the beef and sausage. Mix lightly but thoroughly. Gently shape into one-inch balls. Toss with 1/4 cup of flour, coating lightly.

In a large skillet, brown the meatballs over medium-high heat. Add two cups of broth. Bring it to a boil. Reduce the heat. Simmer, covered, until the meatballs are cooked through, 5 to 6 minutes.

Remove the meatballs with a slotted spoon.

In a bowl, mix the remaining flour and broth until smooth. Add to the pan. Bring to a boil, cook and stir until thickened, 1 to 2 minutes.

Return the meatballs to the pan and heat through.

Serve with mashed potatoes, if desired. Sprinkle with parsley.

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Per Serving (excluding unknown items): 223 Calories; 16g Fat (67.2% calories from fat); 12g Protein; 6g Carbohydrate; trace Dietary Fiber; 101mg Cholesterol; 142mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.