



# Easy Meatballs



## Ingredients



Adapted from *FoodHero.org* & *Ikea Swedish Meatball copycat*

- 1 pound ground beef
  - 1.2 cup uncooked brown or white rice
  - 2/3 cup non-fat milk
  - 1 egg, slightly beaten
  - 1/2 cup chopped onion (1/2 medium onion)
  - 1/2 cup shredded carrot
  - 1/2 teaspoon salt
- Sauce: Ikea Swedish Meatball Sauce
- 1/4 cup flour
  - 1/4 cup butter
  - 4 cups beef broth
  - 1 1/2 Tbsp. Worcestershire sauce
  - 1/2 cup heavy cream
  - 1/2 cup sour cream
  - S & P to taste



## Directions



**Yield:** 24 meatballs **Serving size:** 3

1. Preheat oven to 350 degrees. Lightly spray or oil a shallow baking dish (9" x 13" x 2") with cooking spray.
2. Combine beef, rice, milk, egg, onion, carrot, salt and pepper. Use a spoon to form 24 meatballs and place in baking dish.
3. In a separate bowl, combine soup and milk to make the sauce. Mix well. Pour sauce over meatballs.
4. Cover pan tightly with foil. Bake for 1 hour.. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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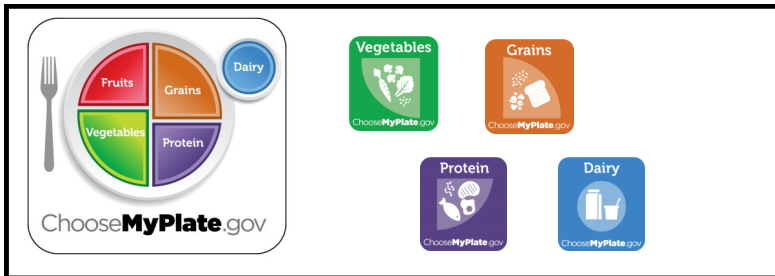
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try using uncooked quick cooking or old fashioned rolled oats instead of rice!
- Substitute peas for carrots or other frozen veggies
- Condensed soup options:

## Nutrition Facts

Serving Size 3 meatballs (151g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 6g	
<b>Protein 14g</b>	
Vitamin A 30%	Vitamin C 6%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

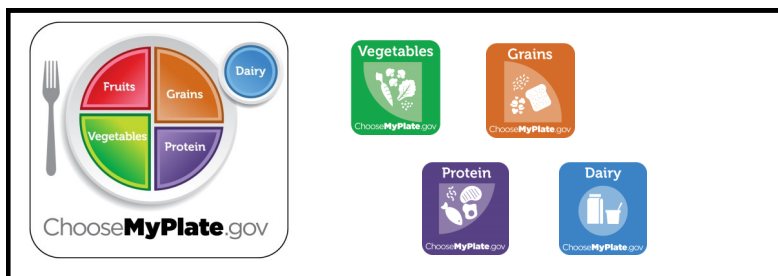
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