



# Ikea Swedish Meatballs Copycat



## Ingredients



Adapted from *CopyKat recipes*

- 3 cups dried seasoned stuffing mix
- 1/2 cup milk
- 1/2 cup pilsner type beer
- 2 Tbsp. butter
- 2 Lbs. ground beef or turkey or both
- 2 eggs
- 2 tsp. Worcestershire sauce
- 1 tsp. salt and pepper
- 1/2 tsp. allspice
- 1/2 tsp. nutmeg
- Sauce:
- 1/4 flour and butter
- 4 cups beef broth
- 1 1/2 Tbsp. Worcestershire sauce
- 1/2 cup heavy cream
- 1/2 cup sour cream
- Salt and pepper to taste



## Directions



Yield:

Serving size:

Total cost:

Serving cost:

- Combine the stuffing mix and milk and set aside minutes.
- Melt butter and sauté the onions until they are soft and let them cool. Stir in the stuffing mixture. Sauce:
- Add the meat ball ingredients and mix well (use your hands)
- Roll into 1– inch balls and arrange on a prepared rack (line with parchment) and refrigerate for an hour.
- Preheat oven to 350 and bake until brown-about 15-20
- Make a roux with the flour and butter
- Whisk constantly until smooth and then slowly add the beef broth and the Worcestershire Sauce. Bring to a boil and stir in the heavy cream and sour cream. Season with salt and pepper.
- Add the meatballs, reduce and simmer until gravy thickens

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



# Ikea Swedish Meatballs Copycat



## Ingredients



Adapted from *CopyKat recipes*

- 3 cups dried seasoned stuffing mix
- 1/2 cup milk
- 1/2 cup pilsner type beer
- 2 Tbsp. butter
- 2 Lbs. ground beef or turkey or both
- 2 eggs
- 2 tsp. Worcestershire sauce
- 1 tsp. salt and pepper
- 1/2 tsp. allspice
- 1/2 tsp. nutmeg
- Sauce:
- 1/4 flour and butter
- 4 cups beef broth
- 1 1/2 Tbsp. Worcestershire sauce
- 1/2 cup heavy cream
- 1/2 cup sour cream
- Salt and pepper to taste



## Directions



Yield:

Serving size:

Total cost:

Serving cost:

- Combine the stuffing mix and milk and set aside minutes.
- Melt butter and sauté the onions until they are soft and let them cool. Stir in the stuffing mixture. Sauce:
- Add the meat ball ingredients and mix well (use your hands)
- Roll into 1– inch balls and arrange on a prepared rack (line with parchment) and refrigerate for an hour.
- Preheat oven to 350 and bake until brown-about 15-20
- Make a roux with the flour and butter
- Whisk constantly until smooth and then slowly add the beef broth and the Worcestershire Sauce. Bring to a boil and stir in the heavy cream and sour cream. Season with salt and pepper.
- Add the meatballs, reduce and simmer until gravy thickens

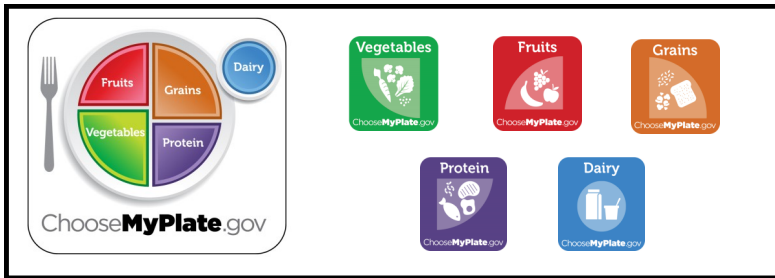
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips



Second Harvest is an equal opportunity provider.