

RECIPE

SWEDISH TURKEY MEATBALLS

INGREDIENTS:

- 2 lbs ground turkey
- 1 large egg
- 3/4 cup breadcrumbs
- 1 tsp kosher salt
- 1/2 cup milk
- 1 tsp paprika
- 1/2 tsp nutmeg
- 2 tbsp fresh flat leaf parsley, chopped
- 2 cups chicken broth
- 2 cups bechamel sauce (store bought or homemade)
- 1 tbsp butter

DIRECTIONS:

Preheat oven to 375 degrees.

Combine the first eight ingredients well and using a scoop with an ejector, shape into approximately 1 1/2 inch meatballs. Place on a lined baking sheet and bake for 18 minutes. Meanwhile, in a large dutch oven, melt butter and add baked meatballs stirring carefully to brown them all around. Once this is done, remove and set aside.

With the heat still on, add in the chicken broth and scrape any brown bits off the bottom of the pot. Add in the béchamel sauce and stir to combine. Once the sauce comes together, add the meatballs back in, cover and let simmer for about 15 minutes.

Serve over hot egg noodles.