



Long Livo

Crockpot Swedish Meatballs - Easy Recipe

15 min

Prep time

6

Servings

4 h

Cook time

Easy

Difficulty

4 h 15 min

Total time

Swedish

Cuisine

Ingredients

Meatball Mixture

- ☐ 1 lb ground beef
- ☐ 0.5 lb ground pork
- ☐ 1/2 cup breadcrumbs
- ☐ 1/4 cup milk
- ☐ 1 small onion, grated
- ☐ 1 egg
- ☐ 1 tsp salt
- ☐ 1/2 tsp black pepper

- ☐ 1/4 tsp allspice

- ☐ 1/4 tsp ground nutmeg

Sauce

- ☐ 2 tbsp butter
- ☐ 2 tbsp all-purpose flour
- ☐ 2 cups beef broth
- ☐ 1 cup heavy cream
- ☐ 1 tsp Worcestershire sauce
- ☐ Salt and pepper to taste

Instructions

- 1** In a large bowl, combine ground beef, ground pork, breadcrumbs, milk, grated onion, egg, salt, pepper, allspice and nutmeg. Mix gently until just combined.
- 2** Form the mixture into 1-inch balls. Pat them dry, then lightly brown in a skillet with a little butter; this step adds flavor, even though we'll finish them in the crockpot.
- 3** Transfer browned meatballs to the crockpot. In the same skillet, melt butter, whisk in flour to form a roux, cook 2 minutes, then slowly whisk in beef broth. Pour the sauce over the meatballs.
- 4** Cover and cook on low for 4 hours, or on high for 2 hours, until meatballs are tender. Stir in heavy cream, adjust seasoning, and let sit 5 minutes before serving.

Nutrition per serving

420 kcal

Calories

28 g

Protein

12 g

Carbs

28 g

Fat

Tips & notes

- For extra richness, add a splash of Worcestershire sauce with the broth.
- If you prefer a thicker sauce, mix a teaspoon of cornstarch with cold water and stir in during the last 15 minutes.
- Garnish with chopped fresh parsley for color and a fresh bite.