



# #MakeItGAP

## RECIPES

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## MINI SWEDISH MEATBALLS AND MASHED POTATOES

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**YIELD:** 4 Servings

### INGREDIENTS:

#### MASHED POTATOES

1 lb. russet potatoes, peeled and chopped  
4 Tbsp unsalted butter  
1/4 cup heavy cream  
Salt and pepper to taste

#### SWEDISH MEATBALLS AND GRAVY

1 slice white bread, crumbled	1 tsp salt
1/4 cup milk	1/2 tsp cracked black pepper
3 Tbsp unsalted butter, divided	1/4 tsp ground allspice
1/2 cup finely diced onion	1/4 tsp ground nutmeg
2 garlic cloves, minced	2 Tbsp all purpose flour
1/2 pound lean ground beef	1 1/2 cups warm beef broth
1 large egg, beaten	2 Tbsp heavy cream, optional
	Freshly chopped parsley, for garnish

### PREPARATION:

#### FOR MASHED POTATOES:

Place potatoes into a large pot and fill with enough water to cover the potatoes. Place over high heat and bring to a boil. Continue to boil until potatoes are fork tender, 10 to 15 minutes. Remove potatoes from heat and drain. Add butter and cream to the potatoes and season with salt and pepper. Using a potato masher (or hand mixer) mash potatoes until you get your desired consistency. Adjust seasonings. Cover and set aside.

#### FOR MEATBALLS AND GRAVY:

Preheat oven to 375°F. Place the crumbled bread and milk into a large mixing bowl, stir together and allow the mixture to sit. As the bread soaks up the milk, melt 2 tablespoons butter into a sauté pan, over medium high heat. Add onions and garlic and sauté for 3 to 4 minutes or until onion begins to get translucent. Remove from heat and add to the bread and milk mixture. Allow mixture to cool, about 5 minutes. Add the beef, pork, egg, salt, pepper, allspice, and nutmeg to the mixing bowl and thoroughly mix together. Form 2 teaspoon sized meatballs and place them onto a parchment lined baking sheet, 1/2 inch apart, then bake meatballs for 10 to 12 minutes or until they have just cooked through. Melt the remaining tablespoon of butter in a large saucepan over medium heat and whisk in flour. Continue to whisk for about 1 minute to remove the raw flour taste. Slowly whisk the beef broth into the mixture, making sure to whisk out any lumps. Season with salt and pepper. Allow the gravy to simmer and thicken enough to coat the back of a wooden spoon, 3 to 5 minutes. Remove from heat and stir in the cream, if using. Add the meatballs to the gravy and toss together.

To serve: Scoop and spread mashed potatoes onto a large platter and top with gravy covered mini meatballs. Ladle extra gravy over the top and finish with freshly chopped parsley.

*Recipe adapted from [spoonforkbacon.com](http://spoonforkbacon.com)*