



SWEDISH MEATBALLS

By Dr. Cindy Tanzar
(Standard/Maintenance)

This recipe is a perfect, hearty, cold-weather dish that tastes amazing. The spices create a wonderful flavor to the meatballs, and the gravy is also very flavorful, rich and creamy. It would be delicious served over mashed cauliflower or with roasted winter squash on the side. You may want to double this recipe, as they are even better leftover for quick meals.

This recipe makes 4 servings. One serving is 5 meatballs if you make them small or 3 if you make them large. One serving covers your protein and fat for one meal.



INGREDIENTS

- 4 Tbsp Kerry Gold butter (divided into 1 & 3 Tbsp)
- 1 medium onion, finely chopped
- 1 lb. grass-fed beef
- 1/4 cup almond flour
- 1/2 tsp Pink Himalayan Sea Salt
- 1/4 tsp freshly-ground black pepper
- 1/4 tsp ground allspice (or 1/8 tsp each ground cinnamon & cloves)
- 1/4 tsp ground nutmeg
- 1/4 tsp garlic powder
- 1 egg, lightly beaten
- 1/2 cup organic heavy cream (divided into 2 Tbsp & 6 Tbsp)



1-2 Tbsp avocado oil
1-1/2 cups organic beef broth
1 tsp Dijon mustard
1 tsp xanthan gum (or to desired thickness) See NOTES below

DIRECTIONS

Melt butter in a large skillet over medium heat. Add the onions and sauté until it begins to caramelize (6-8 minutes). Remove from heat and set aside.

Add the ground beef, almond flour, salt, spices, egg, 2 Tbsp of heavy cream and sautéed onions in a large bowl, mixing together with hands. Form 20 small meatballs or 12 large ones.

Heat the same skillet you cooked the onions in over medium heat, adding 1-2 Tbsp avocado oil. Add the meatballs and brown all over, turning 2-3 times to cook evenly. When done, set aside and keep warm.

Add remaining 3 Tbsp of butter to the pan (leaving meatball brown bits), letting it brown slightly. Add the broth and Dijon mustard, bringing to a simmer for a few minutes, and scraping the pan to deglaze the brown bits. Add the heavy cream and heat gently - not boiling.

Sprinkle the xanthan gum lightly (like a sift) over the sauce and stir. It will thicken, making a nice gravy. Add a little at a time until it is the thickness you like. DO NOT just toss the xanthan gum in the pan, or it will leave clumps and not work.

Add meatballs back into the skillet, simmering for a couple of minutes to reheat.

NOTES:

Xanthan Gum is found at many grocery stores now. It is a thickening agent. Carrington, found at Walmart, is \$5.97; Now Brand is \$5.79 on Amazon and Bob's Red Mill varies from \$8-10.50. A little goes a very long way and you will have it for a long time. It is great for thickening soups, stews, sauces, etc., so is perfect to have around. It is also a great binder in gluten-free baking.