

Choco Fever Dream

Crockpot Swedish Meatballs - Easy Recipe

15 min Prep time	**4 h** Cook time	**4 h 15 min** Total time
6 Servings	**Easy** Difficulty	**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	28 g	12 g	28 g
Calories	Protein	Carbs	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.