

The Real IKEA Swedish Meatballs

Yield: 110 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-green-bean-recipe>

Ingredients:

- 1 1/2 pounds ground beef 85/15
- 3/4 pound ground pork finely
- 1 cup onion finely diced
- 1 tablespoon fresh garlic finely minced
- 1 cup plain bread crumbs
- 2 whole eggs
- 3/4 cup whole milk
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 tablespoons olive oil divided
- 1 1/4 cups vegetable stock
- 1 1/4 cups beef stock
- 1 1/4 cups heavy cream
- 2 tablespoons soy sauce
- 2 teaspoons Dijon mustard
- 2 teaspoons olive oil
- 6 tablespoons butter
- 3/4 cup all-purpose flour
- mashed potatoes
- green beans
- lingonberry jam

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 15 milligrams
4. Fat: 4 grams

5. Protein: 2 grams
 6. SaturatedFat: 2 grams
 7. Sodium: 75 milligrams
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