

# Swedish Meatballs with Cream of Mushroom Soup

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatballs-recipe-mushroom-soup>

## Ingredients:

- 1/2 cup bread crumbs
- 1 small onion finely chopped
- 2 tablespoons olive oil
- 1 tablespoon fresh parsley finely chopped
- 1 pound lean ground beef
- 1/2 pound lean ground pork
- 1/4 cup milk
- 1 egg
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 1/2 teaspoon garlic powder or granulated garlic
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon olive oil
- 2 tablespoons butter
- 1 cup beef broth
- 1 cup cream of mushroom soup you can add 1 1/2 cups if you want more sauce
- 1/4 cup sour cream
- 1 tablespoon Worcestershire sauce optional; plus more to taste
- 1 tablespoon fresh parsley finely chopped

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 120 milligrams
4. Fat: 20 grams
5. Protein: 27 grams

6. SaturatedFat: 7 grams
  7. Sodium: 880 milligrams
  8. Sugar: 2 grams
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