

# Swedish Meatball Noodle Soup

Yield: 6 min  
Total Time: 75 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 8 ounces broad egg noodles No Yolk, cooked al dente according to package directions
- 1/2 cup sour cream (more or less to taste)
- 2 slices bread toasted and torn into pieces
- 1/2 cup heavy cream
- 1/2 onion large, minced
- 5/8 pound ground beef
- 5/16 pound ground pork (may sub ground beef)
- 1 egg
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 5 tablespoons butter
- 2 carrots thinly sliced
- 2 stalks celery chopped
- 8 ounces mushrooms sliced
- 4 cloves garlic minced
- 1/2 cup flour
- 7 cups beef broth
- 1 cup heavy cream mixed with 2 tablespoons cornstarch\*
- 1 teaspoon worcestershire sauce
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon red pepper flakes

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 255 milligrams
4. Fat: 59 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 32 grams
8. Sodium: 1970 milligrams
9. Sugar: 4 grams

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