

Swedish Meatballs

1 1/2 lbs ground beef
1/2 lb ground pork
1 egg
1/2 cup whole wheat bread crumbs
1 tsp salt
1/8 tsp nutmeg
1/2 tsp sugar

3/4 cup evaporated milk
1 tbsp corn starch
Shortening
5 tsp flour
3 cups water
3 beef boullion
Pepper to taste

Hand mix meats, egg, bread crumbs, salt, nutmeg and sugar. In separate container, mix evaporated milk and corn starch. Add to meat mixture and continue to combine and make into meatballs. Brown slowly in shortening. When browned take out of pan and set aside. Add flour to grease in pan. Stir in water and beef boullion cubes. Add pepper to taste. Put meatballs back in and simmer on low heat with tight lid for 30 minutes.

