

Swedish Meatballs

Meatballs Ingredients

- 1 pound ground beef
- 1 egg
- 3 Tablespoons flour
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- salt (to taste)
- 1 Tablespoons butter

Gravy Ingredients

- 2 Tablespoons butter
- 2 Tablespoons flour
- 1 16 oz pouch of Bare Bones beef bone broth (2 cups)
- 1 Tablespoon nutritional yeast
- pinch of salt and pepper
- ½ teaspoon xanthan gum
- 2 Tablespoons sour cream

Instructions:

Make the meatballs:

1. In a medium sized bowl combine the ground beef, egg, flour, garlic powder, onion powder, and salt. Mix until well combined.
2. Shape videos into small balls. (I made about 24 meatballs.)
3. In a frying pan melt the butter. Place the meatballs into the pan and cook until all sides are brown. Remove and set aside. (You will finish cooking them in the gravy.)

Make the gravy:

1. In the same pan you made the meatballs melt the butter and add the flour to make roux. It will thicken slightly.
2. Add the 16 oz pouch of Bare Bones beef bone broth and whisk until combined.
3. Then add the nutritional yeast and salt and pepper.
4. Let the mixture simmer for about 5 minutes and sprinkle the xanthan gum while whisking. (This will thicken the gravy but you can omit it if you don't have it.)
5. Finally add the sour cream and whisk well.
6. Add the meatballs and let simmer for about 10 minutes until fully cooked.

Serve with zucchini noodles and a side salad for a delicious and filling meal.