

# Swedish Meatball Casserole

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Serves 4

Blue – 9

Purple – 7 (using whole wheat pasta)

Green – 9

### Meatballs

- 1/2 cup Panko bread crumbs
- 1 lb 96% lean ground beef
- 1/3 cup onion, chopped very fine
- 1 tsp salt
- 1/4 tsp pepper
- 2 cloves garlic, minced
- 1/3 cup skim milk
- 1 egg
- 1 Tbsp Olive oil

### Pasta

- 8 oz medium shell pasta (on purple use whole wheat)

### Sauce

- 3 Tbsp light butter
- 1/4 cup all purpose flour
- 2 cups beef broth

- 1/4 cup water
- 2 tsp Worcestershire sauce
- 1 Tbsp fresh parsley, chopped
- 1/4 cup fat free half and half
- 1/2 tsp salt
- 1/4 tsp black pepper

## **Meatballs**

1. Add the panko bread crumbs to a large bowl, set aside
2. Spray a skillet with non stick spray.
3. Over medium heat, saute onion, salt, and pepper. Cook for 5 minutes, stir often
4. Add the minced garlic and cook for another 2 minutes.
5. Turn the heat down, add the milk and bring to a simmer. Once it comes to a simmer, pour it onto the panko bread crumbs and stir to combine.. The mixture will be thick. Set aside to cool.
6. In another large bowl, add the egg and beat. Then crumble ground beef over egg and add onion mixture. Mix well (the easiest way is to mix with your hands)
7. Form about 16 meatballs and chill in the refrigerator for 30 minutes
8. Once the meatballs have chilled, heat oil in a large skillet
9. Add the meatballs and cook until brown on all sides, about 15 minutes.
10. Transfer meatballs to a dish and set aside

## **Pasta**

1. Cook pasta al dente according to the package directions. When done cooking, strain and put into a 9×9 baking dish

## **Sauce and Assembly**

1. Preheat the oven to 375.
2. Place the meatballs into the baking dish nestling them into the pasta
3. In a large skillet on medium heat, melt the butter
4. Add the flour, stirring constantly for about 2 minutes
5. Stir in the beef broth, water and Worcestershire sauce, salt and pepper and bring to a simmer. Stir often
6. Reduce heat to med/low and add the parsley and half and half. Stir everything together constantly and cook it until it thickens, about 10 minutes.
7. Pour the sauce over the meatballs and pasta.
8. Bake for 30 minutes.