



INGREDIENTS

Meatballs

- ½ Cup Onion (finely minced)
- 1 Tablespoon Butter (room temp)
- ½ Cup Mashed Potato
- ½ Pound Ground Beef (20% or leaner)
- ½ Pound Ground Pork (20% or leaner)
- 1 Egg (beaten)
- ½ Cup Dried Breadcrumbs
- 1 Teaspoon Salt
- 1 Teaspoon White Pepper
- 1 Teaspoon Ground Allspice
- Olive Oil (for browning)

Gravy

- 2 Tablespoons Flour (enriched or whole grain rich)
- 2 Tablespoons Butter
- 2 Cups Beef Stock
- ½ Cup Sour Cream
- 2 Teaspoons Soy Sauce
- ½ Teaspoon Salt
- ½ Teaspoon White Pepper
- ¼ Teaspoon Ground Nutmeg
- ⅓ Cup Parsley (finely minced)

DIRECTIONS

1. Put all the meatball ingredients (everything except the olive oil) in the bowl of a stand mixer (or a large mixing bowl if doing by hand.) I like to break apart the meat as I add it to the bowl. Blend the mixture until all the ingredients are completely incorporated.
2. Form small 1 inch balls, I like to use a 1 inch scoop to portion out the meat evenly. Gently roll them round with the palms of your hand.
3. Preheat the oven to 375°. Coat the bottom of a heavy skillet with olive oil and heat on medium high until hot. Brown the meatballs on all sides, working in batches so as not to crowd the pan. Do this gently, the meatballs are delicate. Set the meatballs on a baking sheet.
4. Bake the meatballs for 12-15 minutes, until done through (the inner temperature should be 165°.)
5. While the meatballs are baking, make the gravy. Melt the butter in a clean skillet. Stir in the flour and cook for a minute, stirring constantly. Do not allow it to brown.
6. Add the beef stock while whisking or stirring constantly, and bring the mixture up to a simmer.
7. Turn down the heat and add the sour cream, soy sauce, salt, pepper, nutmeg, and parsley. Taste to adjust any of the seasonings.
8. Add the meatballs into the sauce, and then serve hot.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

36 Meatballs

PORTION SIZES

Toddler: 4 Meatballs

Preschool: 6 Meatballs

School Age: 7 Meatballs

Adult: 7 Meatballs