

Swedish Meatballs in Velvety French Onion Sauce

TOTAL TIME
60 min

SERVINGS
15 to 20



Savory Swedish meatballs in a rich and creamy French onion sauce with Dijon, sour cream, and fresh tarragon. Cozy, comforting, and full of flavour.

MADE WITH



Signature French Onion
CASE CODE 08171

Ingredients

Meatballs

- | | |
|--------------|-------------------------|
| 100 g | Panko breadcrumbs |
| 284 mL | Milk |
| 1.81 kg | Lean ground beef |
| 907 g | Ground pork |
| 25 g | Parmesan cheese, grated |
| 6 g | Parsley, chopped |
| 26 g | Brown sugar, packed |
| 12 g | Garlic, minced |
| 7 g | Dried oregano |
| 1.5 - 2.25 g | Ground allspice |
| 1.5 - 2.25 g | Nutmeg, ground |
| 6 g | Salt |
| 4 | Eggs, lightly beaten |

Creamy French Onion Sauce

- | | |
|-----------------|--------------------------|
| 1 tub (1.81 kg) | Signature French Onion |
| 1.2 kg | Water |
| 30 g | Dijon mustard |
| 500 mL | 35% cream |
| 980 g | 14% sour cream |
| 9 - 11 g | Tarragon, fresh, chopped |

Directions

- 1** In a small bowl, combine milk and panko and set aside.
- 2** In a large bowl, combine remaining meatball ingredients; add soaked panko and mix just to combine. Do not overmix!
- 3** Preheat oven to 350°F.
- 4** Roll meat mixture into 1" meatballs and place on well-oiled tray.
- 5** Bake for 8-10 minutes; turn meatballs and bake for another 8-10 minutes or until fully cooked and starting to brown.
- 6** In a large pot, whisk together, onion soup, water and Dijon. Bring to a simmer over medium heat. Temper cream with a cup of warm soup and whisk back into the pot. Temper sour cream by whisking 2-3 cups of soup, one at a time into sour cream. Add sour cream mixture back to pot and whisk to combine. Bring to a simmer and add meatballs. Add in tarragon; stir and serve over cooked broad egg noodles or rice!