



Turkey Swedish Meatballs

Savannah · 29/09/2024

**Prep Time**

5 mins

Dificult

Medium

Servings

1 hr 17 mins

Description

I came up with this recipe as a way to lighten up the original dish Nobody in my family even realized they were eating turkey Serve over egg noodles if desired

Ingredients

— - cooking spray - 1 teaspoon olive oil - ½ cup minced onion - 2 cloves garlic
— minced - 1 pound lean ground turkey - ½ cup dry bread crumbs - 1 egg - 1 tablespoon Worcestershire sauce - 1 ½ teaspoons dried parsley - 1 teaspoon ground allspice - ¼ teaspoon ground nutmeg - 1 (14.25 ounce) can low-sodium beef broth - 3 tablespoons all-purpose flour - 1 tablespoon Worcestershire sauce - 1 ½ teaspoons dried parsley - ¼ teaspoon ground black pepper - 1 pinch salt to taste - ¼ cup light sour cream

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish lightly with cooking spray. Heat olive oil in a small skillet over medium heat. Add onion and garlic; cook and stir until softened
2. about 5 minutes. Let cool briefly
3. about 5 minutes. Combine onion mixture
4. turkey
5. bread crumbs
6. egg
7. 1 tablespoon Worcestershire sauce
8. 1 1/2 teaspoon parsley
9. allspice
10. and nutmeg in a large bowl; mix well to combine. Form mixture into 1-inch meatballs. Transfer to baking dish. Bake in the preheated oven until meatballs are cooked through
11. 25 to 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Pour beef broth into a jar with a tight-fitting lid. Add flour; seal and shake vigorously until flour is dissolved. Pour beef broth mixture into a large skillet over medium-high heat. Add 1 tablespoon Worcestershire sauce
12. 1 1/2 teaspoon parsley
13. black pepper
14. and salt. Bring to a boil
15. stirring frequently. Reduce heat to medium and simmer
16. stirring occasionally
17. until thickened
18. 2 to 3 minutes. Reduce heat to medium-low; stir in sour cream and meatballs. Cover and simmer
19. stirring occasionally
20. until flavors combine
21. 10 to 15 minutes.