



Wild Rice Meatballs in Mushroom Sauce

Jacob · 29/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

6

Description

Beef and wild rice meatballs are baked then simmered in a winebased mushroom gravy and paired with Idahoan Signature Russets Mashed Potatoes

Ingredients

- - 1 ½ pounds ground beef - 1 small onion
- finely chopped - ½ cup cooked wild rice - ½ teaspoon seasoned salt - ½ teaspoon garlic salt - ? cup bread crumbs - ½ cup evaporated milk - 1 tablespoon butter - 8 ounces sliced fresh mushrooms - 1 pinch salt - ? cup dry white wine - ? cup water - 1 (10.5 ounce) can low-sodium condensed cream of mushroom soup - ½ teaspoon salt - ¼ teaspoon dried sage - 1 (9.74 ounce) package Idahoan Signature Russets Mashed Potatoes

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Make the meatballs: Mix beef
2. onion
3. cooked rice
4. seasoned salt
5. garlic salt
6. bread crumbs
7. and evaporated milk together in a bowl until well combined. Shape into 1-inch meatballs. Place meatballs onto a rimmed baking sheet. Bake in the preheated oven until brown
8. about 15 minutes. While the meatballs are cooking
9. make the sauce: Melt butter in a skillet over medium heat. Add mushrooms and sprinkle with a pinch of salt; sauté until mushrooms release their moisture and soften
10. about 10 minutes. Add wine
11. water
12. condensed soup
13. 1/2 teaspoon salt
14. and sage; stir to combine. Transfer meatballs to the sauce and simmer until cooked through and hot
15. 30 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (71 degrees C). Meanwhile
16. prepare mashed potatoes according to the package instructions. Serve with meatballs and mushroom sauce.