

Amanda's Lamb Swedish Meatballs

INGREDIENTS

Meatballs

- 2 slices white bread, crusts removed and chopped into small cubes
- 1 small onion, grated
- 2 lbs ground lamb
- 1 egg
- ¼ tsp ground nutmeg
- ¼ tsp All Spice
- ¼ tsp black pepper
- ¾ tsp salt
- 1 Tbsp oil

Gravy

- 3 Tbsp butter
- 3 Tbsp flour
- 2 cups beef stock
- ½ heavy cream

INSTRUCTIONS

1. Scrape onion and juices into bowl. Add bread and mix well. Onion juice should make bread soggy (if not, add a tiny splash of milk). Set aside to soak for 1 minute.
2. Add remaining meatball ingredients *except* oil. Mix well.
3. Use a tablespoon or ice cream scoop to dollop mixture on work surface (25-30 meatballs). Roll into shape.
4. Heat oil in a skillet over medium high heat. Add half the meatballs and brown all over (but raw inside still) - about 3 minutes. Remove onto plate, then brown the remaining batch.
5. Pour off excess oil and discard. Lower heat to medium. For gravy, add butter into skillet and melt. Add flour and stir. Cook for 1 minute.
6. While stirring, add about 1/4 of the beef stock- it will thicken quickly. Gradually add remaining beef broth, stirring as you go. While the gravy is simmering, add meatballs and juices.
7. Turn up heat slightly to a rapid simmer. Cook for 8-10 minutes or until the liquid thickens into a thin gravy, stirring occasionally.
8. Add cream. Simmer for 2 minutes then remove from stove.
9. Serve over egg noodles or mashed potatoes.

Source: Adapted from recipes.com



Meet Sheep Farmer Amanda

Amanda Cook is a sheep farmer in central Minnesota and also teaches high school agriculture courses. She and her family are active volunteers in their community and enjoy camping and traveling. Amanda loves working with kids and promotes the wool industry through creating art with wool fibers.

Lamb is a nutrient-dense meat, often comparable nutritionally to other red meats, but with more omega-3s and iron. A single serving of lamb contains nearly half of your daily protein requirements!

For more recipes, visit fbmn.org/Land-Life-Magazine/Recipes.

FUN FACT:
Lamb has all nine essential amino acids your body needs.

