Swedish Meatballs With a Surprising Twist

DIETITIAN APPROVED

Source: Defense Commissary Agency

Ingredients: 4 servings

Meat Balls:
- 1 tbsp. olive oil
- 1 lb. lean ground beef
- 3-4 oz. portobello mushrooms
- ¼-cup bread crumbs
- 1 egg
- 1 tsp. onion powder
- ¼ tsp. nutmeg
- Salt and pepper to taste

Gravy:
- 2 tbsps. olive oil
- 2 tbsps. flour
- 1 13-14 oz. can low-sodium beef broth
- ¼ cup of cold brewed coffee
- 6 oz. plain Greek yogurt
- 2-3 tbsp. fresh, chopped parsley

Directions:

1. Using a food processor or blender, add the mushrooms and pulse until the mushrooms resemble the texture of the hamburger. This can also be done by using a knife to finely chop the mushrooms.
2. In a large bowl, add all the ingredients for the meatballs, to include the chopped mushrooms. Stir the mixture, gently using a wooden spoon or clean hands until all the ingredients are incorporated. Do not over mix. Roll the mixture into 12 equal sized meatballs.
3. Heat the olive oil in the skillet and add the meatballs in batches. Cook over medium heat until all sides are browned, (4 minutes). Transfer to a paper towel lined plate.
4. Discard the hamburger grease remaining in the pan and carefully wipe down with a paper towel. Add 2 tbsp. of olive oil and the flour. Gently whisk the mixture together while cooking over medium heat for about one minute.

Directions: Continued

5. Stirring constantly, add the beef broth and coffee and cook until slightly thickened over medium-high heat for about 1-2 minutes. Turn heat back down to medium and add the yogurt. Stir to incorporate and then add the meatballs. Stir occasionally, and cook for another 6-8 minutes.
6. Serve over steamed brown rice or whole wheat/grain noodles garnished with fresh, chopped parsley.

Notes:

- Replacing a fourth of the weight of ground meat with chopped/minced mushrooms is a great way to lower the fat and calorie content and adds moisture. Try this technique the next time you make burgers.
- If allspice is desired for a more authentic taste, decrease the nutmeg by half and replace with allspice.