

## Pioneer Woman's Meatballs

5 pounds ground beef (90/10)  
1 1/2 cups plain breadcrumbs  
1/2 cup whole milk  
1/4 cup heavy cream  
1/4 cup chopped fresh flat-leaf parsley  
2 tablespoons grainy Dijon mustard  
1 teaspoon Kosher salt  
1 teaspoon freshly ground black pepper  
1/2 teaspoon red pepper flakes  
4 large eggs  
2 tablespoons olive oil

To make the meatballs, combine the ground beef, breadcrumbs, milk, cream, parsley, mustard, salt, black pepper, red pepper flakes and eggs in a large mixing bowl. Mix together well with your hands. Scoop out 1-tablespoon portions and roll them into balls with your hands. Place the meatballs onto parchment-lined baking sheets and put the baking sheets in the freezer for 5 to 10 minutes for the meatballs to firm up.

To brown the meatballs, heat the olive oil in a Dutch oven or large skillet over medium-high heat. Add the meatballs in batches, making sure not to overcrowd the pot. Cook, turning the meatballs to make sure they brown all over, 5 to 7 minutes per batch. Drain on paper towels. If still not cooked, place them on a baking sheet lined with parchment paper and bake at 325 for about 8-10 minutes.

Freezer instructions: Put the cooked meatballs in a single layer on baking sheets and put into the freezer. When frozen, divide them into freezer bags, and return them to the freezer.

## Swedish Meatballs

1/4 cup grainy Dijon mustard  
1 tablespoon Worcestershire sauce  
2 1/4 cups beef broth  
Pinch ground allspice  
1 tablespoon cornstarch (plus more to thicken)  
1/4 cup heavy cream  
Meatballs  
Egg noodles, for serving  
Chopped fresh parsley, for serving

In a large skillet over medium-high heat, add the mustard, Worcestershire and 2 cups of the beef broth and bring to a boil. Add the allspice.

Make a slurry by mixing the cornstarch into the remaining 1/4 cup broth, whisking to get out all the lumps. Whisk the slurry into the skillet and when the mixture starts to boil again, slowly add the cream, whisking constantly\*. Add the meatballs, cover and cook until the sauce thickens and the meatballs are heated through, 8 to 10 minutes. Season to taste with salt and pepper.

Serve over noodles drizzled with olive oil and garnish with fresh parsley.

\*If the sauce is not thick enough to coat the back of a spoon, take out about 1/4 cup of the liquid in a glass measuring cup. Add 1 tbs. cornstarch, stirring to combine until no lumps remain. Add back to the sauce, stir, and let cook for 1 minute. If the sauce is still not thick enough, repeat the process.