



Easy Swedish Meatball Sauce (Perfect for Frozen Meatballs!)



Ingredients:

- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 ½ cups broth beef, a combination of beef and chicken or vegetable broth
- 1 tablespoon soy sauce
- ½ cup heavy whipping cream
- 1-2 pinches of ground nutmeg more to taste
- Salt and pepper to taste
- Chopped fresh parsley or chives optional
- 10-16 ounces cooked Swedish meatballs frozen or homemade
- Lingonberry jam or homemade lingonberry sauce
- Fresh Pickled Cucumbers
- Mashed potatoes or buttered egg noodles

Method:

1. Prepare the meatballs according to the package instructions or the recipe you are using. Set aside.
2. Melt the butter in a 12 inch nonstick skillet over medium heat. Whisk in flour and cook for one minute. Add broth and soy sauce, whisking constantly. Simmer until reduced slightly. Add cream and nutmeg and return to a simmer. Season to taste with salt and pepper.
3. Add meatballs to sauce and simmer briefly to reheat. Garnish with chopped parsley or chives if desired. Serve.

Notes:

If you want to thicken the sauce, make a slurry by combining 1 TBLS of cold water, and 1 TBLS of corn starch. Mix thoroughly, then whisk into the sauce before adding the meatballs.