



## Swedish Meatballs

Whether you are 6 or 96, you will love these tender and flavorful little meatballs covered in gravy. Serve them over mashed potatoes, rice pasta noodles or rice. They make great leftovers and reheat very well.

Yields: 24 meatballs, serves 4

1 lg. organic egg, optional

1/3 cup almond milk

¼ cup grated yellow or white onion

1 clove garlic, crushed/zested

½ teaspoon freshly grated whole nutmeg

½ teaspoon ground allspice

¼ teaspoon ground cardamom

1 teaspoon sea salt or kosher salt

Freshly ground pepper to taste

1 pound ground bison

1 Tablespoon olive oil

1 Tablespoon grapeseed oil

2 Tablespoons oat flour

2 cups organic chicken stock or broth\*

2 teaspoons fresh dill or 2 Tablespoons fresh parsley, chopped finely

Preheat oven to 350 degrees. Mix first 9 ingredients in an electric mixer with the paddle attachment until combined. Add ground bison and mix until well combined. With a 2 ounce ice cream scooper, scoop meat mixture onto a 12 inch oven proof or stainless steel or cast iron frying pan. For larger batches, use a baking sheet lined with parchment. Be sure the meatballs have just enough space between them so they don't touch. Bake on middle rack of the oven for 30 minutes. With a pot holder, remove from oven and add oil then flour to center of pan mixing until combined-If you baked the meatballs on a baking sheet, do this in a separate sauté pan. Pour chicken stock/broth into pan and whisk to make gravy. Add meatballs to gravy if they are on a baking sheet. Return to the oven and bake for 30 more minutes. Remove and sprinkle with dill or parsley and serve immediately.

\*You can substitute chicken, buffalo, ground beef or lamb for turkey and use beef stock/broth.

Written & Developed by Chef Lauren Hoover-West, [NoWheatNoDairyNoProblem.com](http://NoWheatNoDairyNoProblem.com)