



BONNIE'S SWEDISH MEATBALLS

1 1/2 lb. WVF Ground Beef
1/2 lb. WVF Ground Turkey
1/2 lb. WVF Ground Pork
1/2 c dried breadcrumbs
1 large fresh WVF Egg
beef or chicken stock

1 Tbsp WVF dried dill weed
1 medium organic onion finely chopped
2 Tbsp melted butter
salt & pepper to taste
1/2 pt raw heavy cream
1/2 c raw milk

Saute onion in butter until just soft, then cool. Mix all ground meats together with the breadcrumbs, egg, spices and milk. Add onion, mixture should be soft. Form into small meatballs and saute lightly on all sides until almost done. Remove from fry pan and stir in the beef or chicken stock into the drippings (use about 1-2 cups depending on how much gravy desired) Add meatballs and cook for 5-8 minutes, then add heavy cream to thicken. Do not boil, just bring to a hot temperature and serve over homemade mashed potatoes or egg noodles.