



## *Swedish Meatball Pasta Bake*



### **Ingredients for the Meatballs:**

- Meat: 1 lb. ground beef (or a 50:50 beef/pork blend for a more traditional flavor)
- Binder: ½ cup breadcrumbs or Panko, 1 large egg, 1 TBLS milk (optional)
- Spices: ¼ tsp salt (or to taste), ¼ tsp Black Pepper, ¼ tsp Ground Nutmeg, ¼ tsp Ground Allspice
- Aromatics: ½-¾ TBLS McCormick's Dried Chopped Onion or to taste (or 1 small sweet onion, finely grated), 1 clove garlic (minced)

### **Ingredients for the Pasta and Sauce:**

- Pasta: 10–12 oz short pasta (egg noodles, rotini, penne, or bowtie)
- Roux: 3–4 tbsp butter, 3 tbsp all-purpose flour
- Liquid: 3 cups beef broth, 1 cup heavy cream
- Seasonings: 1 tbsp Worcestershire sauce, 1 tsp Dijon mustard

### **Ingredients for the Bake:**

- 1 ½ cups of finely shredded Mozzarella Cheese
- Fresh chopped parsley

### **Method:**

1. Preheat oven to 375°F.
2. Prepare pasta IAW the instructions in salted water until al dente. Drain and spread evenly in a greased 9x13-inch baking dish.
3. In a large bowl, mix meatball ingredients. Form into 1-inch balls and brown in a skillet with a little olive oil until golden on all sides. Nestle the meatballs into the pasta in the baking dish.
4. In the same skillet used for the meatballs, melt the butter over medium heat. Whisk in the flour and cook for 1–2 minutes to create a roux. Slowly stir in the beef broth and heavy cream. Add the Worcestershire sauce, Dijon mustard, and a pinch of nutmeg/allspice. Deglaze the pan thoroughly, then pour the creamy sauce evenly over the meatballs and pasta. Sprinkle the shredded cheese.
5. Place in the oven for 20–30 minutes until the sauce is bubbly and the cheese is melted and golden brown.
6. Garnish with fresh chopped parsley.