

Swedish Meatball Stoup

Ingredients

- 1 tablespoon extra-virgin olive oil (EVOO) (once around the pan)
- 2 tablespoons unsalted butter, cut into pieces
- 1/2 pound white mushrooms, thinly sliced
- 2 celery ribs, finely chopped
- 1 large carrot, cut into rounds
- 1 medium onion, thinly sliced
- 1 bay leaf
- Salt and freshly ground black pepper
- 2 tablespoons all-purpose flour
- 2 cups beef stock or broth
- 1 quart chicken stock or broth
- 1/3 pound ground veal
- 1/3 pound ground beef
- 1/3 pound ground pork
- 2 rounded teaspoonfuls Dijon mustard
- 1 egg, beaten
- 1/2 to 2/3 cup plain bread crumbs (about 3 generous handfuls)
- 1/2 teaspoon freshly grated or ground nutmeg
- 1/2 pound medium or wide egg noodles
- 1 cup sour cream
- 2 to 3 tablespoons chopped fresh chives or fresh dill, your choice

Preparation

Preheat the oven to 350 degrees. Heat a medium soup pot over medium to medium-high heat. Add the EVOO and butter and when the butter melts into the EVOO, add the mushrooms, celery, carrots, onions, and bay leaf. Cook until the mushrooms are tender and the celery, carrots, and onions begin to soften, 7 to 8 minutes. Season with salt and pepper and add the flour. Cook for another minute. Whisk in the beef and chicken stock to combine. Cover the pot and bring to a boil.

While the soup comes to a boil, mix the meat with the mustard, egg, bread crumbs, nutmeg, salt, and pepper. Roll the meat into small balls, 1 inch in diameter, tops. Place on a cookie sheet covered with parchment, and bake in the oven for 20 minutes or until slightly browned.

Remove the lid from the soup and add the balls. After 2 to 3 minutes, stir in the egg noodles and cook for 6 minutes more. Turn off the heat and stir the sour cream into the stoup. Adjust the salt and pepper and fish out the bay leaf. Serve the stoup with a generous sprinkle of either chives or dill.