



Meatballs in Beef Gravy

READY IN



50 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons beef bouillon to taste (optional or)
- 1 tablespoon butter
- 2 cups beef broth low sodium canned (use a beef broth)
- 1 pinch ground pepper
- 2 teaspoons parsley dried
- 0.3 cup breadcrumbs dry
- 1 eggs slightly beaten
- 5 tablespoons flour all-purpose for a thinner gravy (you may reduce to 4 tablespoons)
- 1 tablespoon garlic fresh minced

- 1 lb ground beef (can use half each beef and ground pork)
- 0.3 teaspoon pepper fresh black to taste (or)
- 0.5 teaspoon pepper fresh black
- 3 tablespoons catsup (can use more)
- 0.3 cup milk
- 2 tablespoons cooking oil
- 1 small onion finely chopped
- 0.3 cup parmesan cheese grated
- 4 servings salt to taste (optional and)
- 1.5 teaspoons lawry's seasoned salt
- 0.3 cup cream sour
- 8 ounces mushrooms white drained sliced well canned (can use more if desired, or use one 10-ounce cans mushrooms)
- 2 teaspoons worcestershire sauce

Equipment

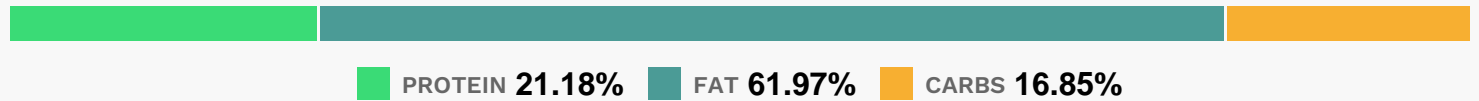
- bowl
- frying pan
- sauce pan
- whisk

Directions

- Mix all meatball ingredients in a bowl using clean hands. Shape into 1-inch balls.
- Heat oil and butter in a skillet over medium-high heat (use a skillet with high sides to hold in the gravy and meatballs or use a saucepan) add in the meatballs in two batches and brown until almost cooked through turning frequently for even browning (about 10 minutes) remove to a plate. You may drain some fat from the skillet but leave in about 3 tablespoons.
- Add in onion and saute until softened (about 3-4 minutes) scraping any browned bits that have accumulated on the bottom of the skillet while cooking.
- Add in mushrooms cook stirring until softened.

- Add in flour and stir for 1 minute. Slowly add in beef broth; bring to a boil stirring/whisking constantly until smooth, bubbly and thickened.
- Add in Worcestershire sauce, ketchup and black pepper; bring back to a simmer stirring (if using add in the beef bouillon powder, start with 3 tablespoons ketchup you may add in more if desired).
- Add in cooked meatballs and simmer uncovered for about 20–25 minutes over low heat, stirring frequently. Season with salt to taste if desired. At the end of cooking stir in 1/4 cup sour cream until combined and heated through (do not boil).

Nutrition Facts



Properties

Glycemic Index: 87, Glycemic Load: 6.54, Inflammation Score: -5, Nutrition Score: 21.520869586779%

Flavonoids

Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 583.08kcal (29.15%), Fat: 40.25g (61.92%), Saturated Fat: 14.69g (91.83%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 22.91g (8.33%), Sugar: 6.86g (7.62%), Cholesterol: 147.23mg (49.08%), Sodium: 2029.25mg (88.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.9%), Selenium: 35.75µg (51.07%), Vitamin B12: 2.85µg (47.45%), Vitamin B3: 8.31mg (41.57%), Zinc: 5.96mg (39.71%), Vitamin B2: 0.64mg (37.93%), Phosphorus: 376.76mg (37.68%), Vitamin B6: 0.55mg (27.59%), Potassium: 934.66mg (26.7%), Iron: 3.93mg (21.84%), Vitamin B1: 0.29mg (19.54%), Vitamin B5: 1.88mg (18.8%), Calcium: 176.26mg (17.63%), Copper: 0.33mg (16.73%), Manganese: 0.32mg (16.25%), Vitamin E: 2.22mg (14.81%), Folate: 56.14µg (14.03%), Magnesium: 44.02mg (11%), Vitamin K: 10.17µg (9.68%), Vitamin A: 415.48IU (8.31%), Fiber: 1.71g (6.85%), Vitamin C: 4.17mg (5.06%), Vitamin D: 0.71µg (4.75%)