



## GET COOKIN'!

### INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Line a rimmed baking sheet with parchment paper and set aside.

Preheat oven to 425°F.

Add olive oil to a large skillet on low-medium heat. Once the oil has warmed, add the onion and garlic. Cook for 4–5 minutes or until softened. Turn off the heat to the skillet and move to an area on the stove top that is not hot. Let rest until cooled.

In a large mixing bowl, add the ground beef and ground pork. Add the salt, oregano, allspice, nutmeg and pepper on top of the ground meats and gently combine using your fingers.

Add the breadcrumbs, Parmesan cheese, eggs, milk, and cooled onion and garlic. Using your hands, combine all ingredients thoroughly.

Using your hands, roll the meat mixture into 1½ inch balls and place on the lined baking sheet.

Using oven-safe mitts, carefully open the preheated oven, place the rimmed baking sheet on the top rack, and bake the meatballs for 10–15 minutes.

Meanwhile, add the beef broth, liquid aminos, Dijon mustard and dried parsley to a 4-cup measuring glass with spout and whisk gently to combine. Set aside.

Melt the butter in the same large skillet used to brown the onion and garlic. Once completely melted, add in the flour. Cook for 1–2 minutes (or until it begins to brown) while continuously stirring with a wooden spoon to lift up the fond from the bottom of the skillet.

Slowly add the beef broth mixture to the large skillet and continuously whisk to avoid clumps. Then, whisk in the milk and sour cream. Bring to a boil and then reduce to a simmer.

Using oven-safe mitts, carefully open the oven, remove the rimmed baking sheet and place on the stove top. Using tongs, carefully transfer the meatballs to the sauce mixture in the large skillet.

Spoon the sauce on top of the meatballs. Cover and simmer for 5–10 minutes or until the meatballs are cooked through.

### ENJOY!

### HELPFUL HINTS:

For an entrée, serve over egg noodles, mashed potatoes or rice!

Liquid aminos can be substituted with tamari, soy sauce or Worcestershire sauce.