

Swedish Meatballs

The highlight of this recipe is the sauce. You can use any meatballs (or technically any meat) that you like. I used the Marvelous Make-ahead Meatballs from [Trim Healthy Table](#) pg. 208. Then you can serve the meat and sauce with any veggie you like. You can serve it over konjac noodles to keep it an S or serve it over brown rice for a crossover.

- 32 meatballs

For Sauce

- 5 tbsp butter
- 3 tbsp oat fiber
- 2 cups beef broth
- 1 tbsp Worcestershire sauce
- 1/4 tsp ground mustard
- 1/2 tsp mineral salt
- 1/4 tsp pepper
- 1 cup heavy cream

Vegetables

- 12 oz frozen cauliflower
- 12 oz frozen broccoli

Optional Serving Suggestions

- 1 package Konjac 12-inch noodles (per person)
- cooked brown rice

Directions

1. Set a 12-inch skillet over medium-high heat. Melt butter and add oat fiber to the skillet.
2. Whisk for about a minute until toasty and browned.
3. Slowly stir in beef broth, Worcestershire sauce, ground mustard, salt and pepper. Add in heavy cream and stir. Cook for about 2 minutes to give the sauce a start on thickening.
4. Add meatballs to the pan and coat with the sauce. (My meatballs were still mostly frozen.)
5. Add veggies to the pan as well. You can use any veggies you want for this dish. Shredded cabbage would be great. Green beans would be good as well.
6. Simmer for 8-12 minutes till meatballs are heated through and vegetables are done to your liking. Serve just like it is or over noodles or rice.

If you choose to serve over konjac noodles you could add them straight to the sauce before adding the meat and vegetables. This would give the noodles the chance to absorb all the flavors of the sauce.

Want to lighten this up? Use almond or cashew milk instead of heavy cream.