



BASE ESSENTIALS

Swedish Meatball Soup

Meatballs

Ingredients:	Quantity	Unit	Notes
Ground Chuck	1 1/2	lbs	
Ground Pork	1	lbs	
Vegetable Oil	1	Tbsn	
Garlic	2	cloves	Minced
Onion	1/2	oz	Minced
Butter	3	cloves	
Fresh Parsley	2	ribs	
Breadcrumbs	1/3	cup	
Milk	1/2	cup	
Heavy Cream	2	Tbsn	
Fresh Egg	1	ea	
Kosher Salt	2	tsp	
Black Pepper	1	tsp	
Allspice	1/2	tsp	
Nutmeg	1/2	tsp	



Soup

Ingredients:	Quantity	Unit	Notes
Base Essentials Beef Base	3	tsp.	
Base Essentials Chicken Base	3	tsp.	
Water	6	cups	
Olive Oil	2	Tbsn	
Flour	1/4	cup	
Heavy Cream	2	cups	Diced 1/4"-3/8"
Butter	4	Tbsn	Minced
Sour Cream	3/4	cup	chopped 1/4"
Soy Sauce	3/4	cup	chopped 1/4"
Worcestershire Sauce	2	tsp	
Dijon Mustard	1	tsp	
Apple Cider Vinegar	2	tsp	
Granulated Sugar	1	Tbsn	
Black Pepper	1/2	tsp	
Fresh Parsley	2	Tbsn	
Egg Noodles-uncooked	8	oz	
Salt & Pepper			to taste
Fresh Parsley			
Sour Cream			

Meatballs

1. Preheat oven to 400 degrees
2. In a large bowl, combine breadcrumbs, milk, cream, egg, kosher salt, pepper, allspice, nutmeg, and parsley and set aside to soak for 10 minutes
3. Meanwhile heat butter and oil in sauce pan, add onion and saute for 5 minutes
4. Add garlic and cook for another minute, then add to breadcrumb mixture
5. Add ground chuck and ground pork to breadcrumb mixture
6. Mix well with a wooden spoon until just blended
7. Roll into 1" balls and place on baking sheet
8. Bake for 12-15 minutes, remove and set aside

Soup

1. Melt the butter, add flour in a large and stir continuously for about 5 minutes to cook the "roux"
2. Combine sour cream, water, Base Essentials Beef Base and Base Essentials Chicken Base and mix
3. Add the water mix, cream, soy sauce, worcestershire, dijon, vinegar, sugar and black pepper
4. Bring to boil then add the noodles and cook for 6 minutes until noodles are just cooked
5. Add meatballs, reduce to simmer a cooked for 10 minutes, stirring frequently
7. Season with salt & pepper to taste
8. Serve and garnish with sour cream and chopped parsley