

# Swedish Meatballs

Serves 4

3 tablespoons olive oil  
1 lb lean ground beef  
1/2 lb ground pork or veal  
1/2 teaspoon celery salt  
1/3 cup chopped onion  
3/4 cup oatmeal  
3 tablespoons chopped parsley  
1 egg, beaten  
1 1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup half and half  
1 teaspoon Worcestershire sauce  
1 teaspoon paprika  
4 tablespoons flour  
2 cups chicken or beef broth

Heat a large skillet over medium heat and add olive oil.

Mix all ingredients (except oil, flour and broth) together and shape into small balls. Brown the meatballs slowly and evenly. Remove meatballs and set aside.

In the same pan make a roux by adding the flour, whisking to cook for 2-3 minutes. Add 2 cups chicken or beef broth and continue to whisk until the roux is completely combined and all lumps are gone. Place meatballs back in the pan and cover. Reduce the heat to a simmer and cook for 30 minutes.

Serve with boiled red potatoes.