

# Gluten Free Swedish Meatballs

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large frypan  
measuring cups and spoons  
medium mixing bowl  
kitchen scales  
grater  
garlic crusher  
chopping board and knife  
cooking tongs  
heatproof stirring spoon

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1. In a large frypan, **warm** 2 TBS **extra virgin coconut or olive oil**

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  2. In the bowl, **mix** together 500 g (1 lb) **beef, lamb or turkey mince**  
¼ cup finely chopped **fresh parsley**  
¼ cup **almond meal**  
1 large **egg**  
1 **onion**, grated  
1 large clove **garlic**, minced  
½ tsp **pink or sea salt**  
½ tsp **ground all spice (pimento)**  
½ tsp freshly ground **black pepper**

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  3. Using the measuring tablespoon, **shape** meatballs ready for cooking.

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  4. **Fry** the meat balls in the oil until brown all over, then **remove** and set aside.

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  5. In the same frypan, **warm** 2 TBS **butter, ghee or oil**

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  6. **Remove** from heat and **stir in** 2 TBS **corn or arrowroot flour**

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  7. Slowly **stir in** 1½ cups **beef or chicken stock**  
½ cup **dairy or coconut cream**  
1 TBS **tamari or coconut aminos**  
2-3 tsp **Dijon mustard**

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  8. **Return** to heat and **stir** until thickened.

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  9. **Return** meatballs to sauce to **warm** through, **season**, then **serve**.
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