

# IKEA MEATBALLS

## INGREDIENTS

### MEATBALLS

1 lbs (500 g) lean ground beef  
½ lbs (250 g) ground pork  
1 finely chopped onion  
1 crushed garlic clove  
1 cup 100g breadcrumbs  
1 egg  
5 tablespoons of milk  
Salt and pepper → *Do not use pepper if you have ulcer or pain*

### SAUCE

Oil  
3 tablespoons butter  
1/3 cup flour  
½ cup + 2 tablespoons vegetable stock  
½ cup + 2 tablespoons beef stock  
½ cup + 2 tablespoons 35% cream  
2 teaspoons of soy sauce  
1 teaspoon Dijon mustard

## PREPARATION

1. Mix the beef and pork with your hands, add the onions, garlic, breadcrumbs, egg, milk, and season.
2. Form small balls of the mixture and place in the refrigerator for at least 2 hours.
3. In a frying pan over medium heat, pour a little oil and then fry the meatballs until they have a nice golden color.
4. Place meat balls in a baking dish and continue cooking for 30 minutes at 160 or 180 degrees Celsius.
5. For the sauce, melt the butter in a saucepan, add the flour and stir for 2 minutes. Add the vegetable and beef broths while continuing to stir. Then add the cream, soy sauce and Dijon mustard and turn up the heat so that the sauce thickens.

Recipe from: [www.coupdepouce.com](http://www.coupdepouce.com)

[apainintheneck.org](http://apainintheneck.org)

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