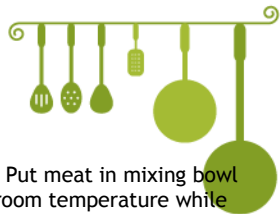


Oven-Baked Swedish Meatballs

4-5 servings



INGREDIENTS

- 1 lb. very lean ground beef
- 1 lb lean ground turkey sausage
- 1 onion, diced very small
- 1 Tbsp garlic puree
- ¼ tsp salt
- ¼ tsp white pepper
- ½ tsp ground ginger
- ½ tsp ground cardamom
- ½ tsp ground allspice
- ¼ tsp ground cinnamon



DIRECTIONS

1. Preheat oven to 400 F. Put meat in mixing bowl and allow to come to room temperature while you finely chop onion
2. When the meat is room temperature, mix in onions, garlic, salt, pepper, ginger, cardamom, allspice, and cinnamon. Mix with your clean hands just until spices and meats are well combined; don't over-mix the ingredients.
3. Mist pan or grilling rack with olive oil or non-stick spray.
4. Use a tablespoon-sized measuring spoon to measure out meat, forming small meatballs by rolling with your hands and placing them on the rack as you go. Bake until meatballs are slightly browned and cooked through, 20-30 minutes. Serve hot.