

Paleo Swedish Meatballs

Meatballs*

1 lb Ground Steakhouse Elite Grass-fed Beef
1 lb Ground Pork
2 Eggs
1 TBSP of Parsley
1 TSP Salt
1 TSP Black Pepper
¼ TSP Cinnamon
¼ TSP Nutmeg
1/8 TSP Ground Cloves
1/2C Sweet Onion, chopped
1 Garlic Clove, minced

**Or, substitute handmade meatballs with Steakhouse Elite pre-made meatballs*

Gravy

1/3C Sweet Onion, chopped
1 Garlic Clove, minced
14 oz Can of Full-Fat Canned Coconut Milk
2 C Beef Broth
2 TBSP Butter
1 TSP Black Pepper
3 TBSP Tapioca Flour (for thickening)
Salt to taste

For the Meatballs (or as a quick alternative use Steakhouse Elite pre-made meatballs)

1. Combine the beef, pork, eggs, parsley, salt, pepper, cinnamon, nutmeg, cloves and onion in a bowl. Knead together.
2. Heat a skillet over medium heat. Coat the bottom with cooking lard or fat.
3. Form meat mixture into 1-2" meatballs and add to cooking pan. Cook until done throughout, about 8-10 minutes depending on the size, rotating the meatballs throughout the cooking process.
4. Remove the balls and place in a strainer to drain. Repeat cooking the remainder of the meatballs in batches. Drain excess grease from pan when done.

For the Gravy

1. Add the onion and garlic to the skillet and cook for about a minute until partially translucent.

2. Slowly add coconut milk, broth, butter, and pepper. Whisk and cook for five minutes.
3. Slowly add the tapioca flour one tablespoon at a time, whisking briskly until dissolved. If your gravy does not solidify, add a touch more tapioca flour, a teaspoon at a time. (If the gravy clumps, you can blend contents in a blender). Add salt if desired.
4. Add meatballs to sauce and coat with gravy. Serve alone, over potatoes, or with shredded zucchini.