

HEALTHY SWEDISH MEATBALLS

Makes 4 servings | deeedoes.com

WHAT TO BUY

- ☐ 2 slices 647 Bread (any type), sliced and cubed
- ☐ 1 small Onion, minced
- ☐ 8 oz Ground Turkey Breast
- ☐ 8 oz 93% Ground Turkey
- ☐ 1 Egg, beaten
- ☐ 1/4 tsp each Ground Nutmeg, Ground Allspice, Black Pepper
- ☐ 1/2 tsp Salt
- ☐ 1 Tbl Olive Oil
- ☐ Fresh Minced Parsley, optional
- ☐ 3 Tbl Light Whipped Butter
- ☐ 3 Tbl Flour
- ☐ 2 cups Fat Free Beef Broth
- ☐ 1/2 cup Fat Free Half and Half