



# Swedish Meatballs

Makes 18 meatballs | 6 servings | Dairy • Protein • Grains

## Ingredients

- 1<sup>3</sup>/<sub>4</sub> cups low-sodium beef or chicken broth
- 3/4 cup *CNP Magic Mix* (see back)
- 1/2 teaspoon black pepper
- Dash of nutmeg
- 18 *CNP Baked Meatballs*, or pre-cooked meatballs (see back)
- 4 cups cooked egg noodles or 2 medium potatoes, cut into chunks and boiled

## Directions

1. Combine broth, *CNP Magic Mix*, black pepper, and nutmeg in saucepan or electric skillet. Stir constantly over medium heat until thick and smooth.
2. Add meatballs and heat through, about 15 - 20 minutes.
3. Serve over cooked egg noodles or potatoes.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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## CNP Baked Meatballs

Makes 48 Meatballs | 16 servings | Protein

### Ingredients

- 2 pounds lean ground meat
- 2 eggs
- 1 Tablespoon dried parsley
- 1 cup uncooked oatmeal, oat bran, or crackers, bread crumbs, or crushed unsweetened cereal
- 1 cup low-fat milk
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons onion powder
- Nonstick spray

### Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 400°F, if using, and spray baking sheets with nonstick spray.
3. Mix together all ingredients. Shape into 48 balls about the size of a golf ball (1 inch).
4. **Oven cooking:** Arrange meatballs on baking sheets. Bake for 20 minutes. **Skillet cooking:** Heat ½-inch of water over medium-high heat until simmering. Add meatballs and cook for 15 minutes.
5. Meatballs are done when they reach an internal temperature of 160°F.
6. To freeze for later use, chill quickly. Freeze individually on clean baking sheets. Then, package in amounts needed for meals. Label and freeze.

## CNP Magic Mix

Makes 5 cups | Dairy

### Ingredients

- 4 cups nonfat dry milk powder
- 1 cup all-purpose flour
- ⅓ cup canola oil

### Directions

1. Wash hands with warm, soapy water.
2. Put ingredients into bowl and mix until it looks like coarse cornmeal.
3. Refrigerate in a tightly covered container. Keeps 3 months in refrigerator.



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