



Swedish Meatball Stuffed Shells (Cooking for 2)

★★★★★

Prep
30 MIN

Total
60 MIN

Servings
2

**A Delicious Recipe
Image Coming Soon!**

Ingredients

- 8 uncooked jumbo pasta shells
- 1/2 lb lean (at least 80%) ground beef
- 1/2 cup Progresso™ plain panko crispy bread crumbs
- 3 tablespoons finely chopped onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 2 tablespoons milk
- 1 egg yolk
- 3 tablespoons butter
- 2 tablespoons Gold Medal™ all-purpose flour
- 1 cup Progresso™ beef-flavored broth
- 1/2 cup heavy whipping cream
- 2 teaspoons finely chopped fresh dill weed
- 1/4 cup sour cream
- 1/4 cup lingonberry preserves

Steps

- 1 Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package. Rinse with cool water; drain.
- 2 In medium bowl, mix beef, 1/4 cup of the bread crumbs, the onion, salt, pepper, allspice, nutmeg, milk and egg yolk. Shape into 8 (2-inch) meatballs.
- 3 In 10-inch nonstick skillet, melt 2 tablespoons of the butter over medium-high heat. Add meatballs; cook 4 to 6 minutes, turning occasionally, until browned on all sides. Use slotted spoon to transfer meatballs to plate.
- 4 Reduce heat to medium; add flour to skillet. Cook and stir 1 minute. Add broth and whipping cream; stir until smooth. Heat to boiling; boil 1 minute. Remove from heat. Insert meatball into each pasta shell; arrange in baking dish. Pour sauce over meatball-stuffed pasta shells.
- 5 Cover; bake 30 to 35 minutes or until meatballs are thoroughly cooked and no longer pink in center (at least 165°F). Remove from oven; spoon some of the sauce from bottom of baking dish over stuffed shells.
- 6 Meanwhile, in 8-inch skillet, heat remaining 1 tablespoon butter over medium heat. Add remaining 1/4 cup bread crumbs; cook 3 to 4 minutes, stirring frequently, until golden brown. Transfer to shallow bowl; add dill weed. Sprinkle over baked stuffed shells; serve with sour cream and lingonberry preserves on the side.

Expert Tips

- Lingonberry preserves are a sweet-tart condiment often used in both savory and sweet Scandinavian dishes. It can be found in the jelly-jam section of the grocery store. Cranberry sauce can be substituted for the lingonberry preserves, if desired.
- Adding fresh dill to the warm toasted bread crumbs gives the dish an added Scandinavian touch.

Nutrition Information

Serving Size: 1 Serving

Calories	1020	Calories from Fat	550
Total Fat	61g		94%
Saturated Fat	33g		167%
Trans Fat	2 1/2g		
Cholesterol	290mg		97%
Sodium	1010mg		42%
Potassium	410mg		12%
Total Carbohydrate	85g		28%
Dietary Fiber	2g		9%
Sugars	25g		
Protein	32g		

% Daily Value*:

Vitamin A 35%	Vitamin C 4%
Calcium 15%	Iron 25%

Exchanges:

3 1/2 Starch; 0 Fruit; 2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 9 Fat;

**Percent Daily Values are based on a 2,000 calorie diet.*