

Swedish Meatballs ~ THM S

I came up with this recipe on a whim one night. I went to the freezer to find meat to cook for dinner. I found a bag of Marvelous Make-ahead Meatballs (Trim Healthy Table pg. 208). I immediately thought Swedish Meatballs and veggies, so I looked up a traditional recipe and made it work for THM. The original recipe can be found [HERE](#).

You Will Need:

- meatballs
- butter
- [oat fiber](#)
- beef broth
- Worcestershire sauce
- ground mustard
- [mineral salt](#)
- pepper
- heavy cream
- frozen, canned or fresh veggies
- [konjac noodles](#) (optional)
- brown rice (optional)

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