

## Swedish Meatball Bake Recipe: Creamy, Cozy, and Perfect for Family Dinner

1 pound ground beef, or 1/2 pound beef plus 1/2 pound pork



**OVEN**  
**375°F**

**TIME**  
**1 to 2 min**

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**SAVE**  
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### INGREDIENTS

For the meatballs:

1 pound ground beef, or 1/2 pound beef plus 1/2 pound pork

1 small onion, grated or finely chopped

2 cloves garlic, minced

1/2 cup breadcrumbs

1 egg

1/4 cup milk

1/2 teaspoon salt

1/2 teaspoon black pepper

1/4 teaspoon allspice

1/4 teaspoon nutmeg

For the sauce:

4 tablespoons butter

1/4 cup all-purpose flour

2 1/2 cups beef broth

1 cup heavy cream or sour cream

1 tablespoon Worcestershire sauce

Salt and pepper, to taste

For the bake:

12 ounces egg noodles, cooked al dente

1 cup shredded mozzarella or Swiss cheese, optional

Fresh parsley, chopped, for garnish

### DIRECTIONS

1. Preheat the oven: Preheat your oven to 375°F and lightly grease a 9x13-inch baking dish.
2. Make the meatball mixture: In a large bowl, combine the ground meat, onion, garlic, breadcrumbs, egg, milk, salt, black pepper, allspice, and nutmeg. Mix until everything is evenly combined.
3. Form the meatballs: Shape the mixture into small 1-inch meatballs. Keeping them small helps them cook evenly and makes the casserole easier to serve.
4. Brown the meatballs: Heat a skillet with a little oil over medium heat. Brown the meatballs on all sides, then set them aside. They do not need to be fully cooked yet, since they will finish in the oven.
5. Make the sauce: In the same skillet, melt the butter. Add the flour and whisk for 1 to 2 minutes. Slowly pour in the beef broth while whisking constantly to avoid lumps.
6. Stir in the heavy cream or sour cream and : Worcestershire sauce. Let the sauce simmer until thickened, then season with salt and pepper to taste.
7. Combine with noodles: In a large bowl, mix the cooked egg noodles with the sauce until coated. Gently fold in the browned meatballs.
8. Assemble the casserole: Transfer the mixture to the prepared baking dish. Sprinkle the cheese over the top if using.
9. Bake: Bake uncovered for 25 minutes, or until the casserole is bubbly and golden on top.
10. Garnish and serve: Sprinkle with chopped parsley and serve warm.

## SWAPS & NOTES

It is warm, filling, and full of those familiar flavors that make comfort food so hard to resist.

Introduction Swedish meatballs are already one of those meals that feel classic and comforting, but turning them into a baked casserole makes them even easier to serve and enjoy.

Instead of plating individual meatballs with sauce and noodles, everything gets combined into one dish and baked until hot and golden.

This version keeps all the signature flavors intact.

### TIPS FOR SUCCESS

Do not overmix the meatball mixture.

Mix just until everything is combined so the meatballs stay tender instead of dense.

Brown the meatballs well before adding them to the casserole.

That extra bit of color adds a lot of flavor and makes the final dish taste richer.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/swedish-meatball-bake-recipe-creamy-cozy-and-perfect-for-family-dinner/>