

Healthy Swedish Meatballs



The healthiest Swedish Meatballs I've ever had. Perfect for you if you want to heal from an autoimmune skin condition, especially if you're at the start of your transition to healthier food.

Servings: 2-3

Gravy

250 g mushrooms
1 onion
2 cloves garlic
2 dl coconut milk
2 tbsp lemon juice
3 tbsp coconut aminos
8 black olives
2 sun-dried tomatoes
2-5 dl of water
black pepper
sea salt

Steamed vegetables & potatoes

5-6 potatoes per person
1-2 carrots per person
2-3 dl peas per person

Meatballs

230 g black beans
1.5 dl gluten-free oats
1 small onion or 1/2 big one
3 cloves of garlic
1 dl parsley
3 tbsp tomato puree
1/2 tbsp onion powder
2 tsp paprika
2 tsp oregano
2 tsp rosemary
1 tsp sea salt
1 tsp white pepper

Lingonberries

225 g frozen lingonberries
1-2 tsp raw honey

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INSTRUCTIONS

Gravy

1. Start by peeling and coarsely chopping the onion and garlic.
2. Put it in a frying pan with a little water and fry on medium heat for about 5 minutes, until the onion is translucent.
3. In the meantime, you can rinse and coarsely chop the mushrooms.
4. When the onion is ready, you can put the mushrooms in the frying pan. If necessary, you can add a little more water so that it does not get stuck. But do not take too much, as the mushrooms will release some liquid. Cook for about 8-10 minutes.
5. When the mushrooms are ready and most of the liquid is gone, you can turn off the stove.
6. Transfer mushrooms, onions and garlic to your blender. Add coconut milk, lemon juice, coconut aminos, black olives, sun-dried tomatoes and water. Mix for 10-15 seconds. Start with a little bit of water, and add in more bit by bit, until you have the right consistency.
7. Do you have the right consistency or do you need a little more water?
8. Season with salt and pepper. Have you got a balanced taste or do you need a little more olives or coconut aminos? Mix until you're happy with the taste.
9. Pour into a glass jar with a tight lid and store in the fridge for up to a week. When it's time to eat Swedish Meatballs, just take out as much sauce as needed and heat it up. Or serve the sauce straight away.

Steamed vegetables & potatoes

1. Start by adding water to the pot, and set the stove on high heat.
2. Peel the potatoes, and place them in the steamer.
3. Peel the carrots and cut them into sticks. Then put them in the steamer a few minutes after the water has started to boil.
4. Take the peas out of the freezer and place in a bowl.
5. When the potatoes and carrots are soft, remove them and put them on a plate. Then steam the peas for a few minutes in the steamer with the same pot.

Meatballs

1. Peel and finely chop the onion and garlic. Rinse the beans.
2. Put everything in the food processor. Pulse until you have a "meaty" consistency.
3. Shape into meatballs (around 15-20 meatballs).
4. Fry them in a ceramic frying pan on medium heat for about 10 minutes. Turn at regular intervals. When they have become evenly browned, you can raise the heat a little and fry for about 5 minutes so that they get a nice surface.

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INSTRUCTIONS (continued)

Lingonberries

1. Take the lingonberries out of the freezer and let them thaw. When they are defrosted, you can add a little raw honey and stir. Transfer to a bowl and serve immediately or store in a glass jar with a tight lid in the fridge.

Putting it all together

1. I often make the gravy in advance. I think it makes it a lot easier when I make this dish, as there is less pots and pans to handle.
2. Defrost lingonberries.
3. Shape and fry the meatballs.
4. Steam potatoes, carrots and peas.
5. Mix lingonberries with raw honey.
6. Heat up the gravy.
7. Put everything on a plate, and garnish with some parsley.

Why are these Swedish Meatballs better than the original ones? Because the original meatballs are made of meat, which is high in fat and makes healing much harder. The classic gravy consists of cream and flour (dairy products and gluten), which feed our pathogens and keep us sick. So if you want to feel better and move forward on your healing journey - then this version of Swedish Meatballs is a much better option. You don't need to feel "guilty" because you're eating it and you don't need to sacrifice your health either.

I recommend that you use a ceramic frying pan for the meatballs. It's the least toxic option out there, and since it's non-stick you don't have to use any oil. Just make sure you only use plastic or wooden utensils. And always start a ceramic pan on medium heat. If you start it on high heat, there's a chance that it will crack and then it'll be ruined.

If you can't find lingonberries where you are, then cranberries would be the closest thing to it. It's not the same. Not at all. But it would be the second best choice, in my opinion. You can usually find jars of lingonberries in IKEA, but be aware that they are loaded with sugar. The best thing is to get a packet of frozen lingonberries, defrost them and add raw honey.