

Spicy Meatballs in Mushroom Gravy



Ingredients

1# spicy Italian sausage meat, out of the casing
1# ground beef
1 egg
¼- ½ cup Panko breadcrumbs
½ cup diced white or yellow onion
1 cup beef or chicken stock
1 cup sour cream

1# button mushrooms
2 tbs. vegetable oil
1 # egg noodles, cooked according to package
kosher salt
ground black pepper
sliced green onions for garnish

Procedure

1. Preheat oven to 375°F.
2. Mix together Italian sausage meat, ground beef, egg, and enough breadcrumbs until thoroughly mixed together. Add breadcrumbs until the mixture sticks together when balled up, but is not dry.
3. Roll mixture into golf ball sized balls. Place in baking dish and bake until an internal temperature of 155°F.
4. Toss the mushrooms in vegetable oil. Season with salt. Lay out on a sheet pan, and bake until brown and slightly shriveled.
5. Remove from oven, and drain about 2 tablespoons of fat into a medium sauce pan. Add the onions. Sauté until tender. Add the stock and bring to a simmer. When the mushrooms and meatballs are finished, add to the pot. Stir in the sour cream.
6. Season to taste with salt and pepper.
7. Serve over egg noodles garnished with green onions.

Serves 4

©Chef Jennifer M. Denlinger www.FloridaChef.net