

**SWEDISH MEATBALLS (PRECOOKED MEATBALLS)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
424 cal	12 g	20 g	34 g	67 mg	1576 mg	60 mg

**Ingredient**

BEEF BROTH  
 FLOUR,WHEAT,GENERAL PURPOSE  
 JUICE,VEGETABLE,CANNED  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK  
 MEATBALLS,FROZEN,PRECOOKED,1OUNCE

**Weight**

1-3/8 lbs  
 4-1/4 lbs  
 <1/16th oz  
 2 oz  
 25 lbs

**Measure**

2 gal  
 1 qts 1 cup  
 2 qts  
 1/8 tsp  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 BROWN GRAVY: Prepare 2 gallons broth according to manufacturer's instructions. Bring to a boil.
- 2 Dissolve five cups flour in 2 quarts vegetable juice or tomato juice. Mix well to remove all lumps. Add black pepper. Slowly add flour mixture to broth while stirring rapidly with a wire whip. Simmer 15 minutes.
- 3 Divide frozen meatballs evenly between two steam table pans. Ladle one gallon brown gravy over meatballs in each pan. Cover. Bake at 350 F. with fan on for 1 hour. CCP: Internal temperature must reach 140 F. or higher for 15 seconds.
- 4 CCP: Hold for service at 140 F. or higher. Serve 4-1 ounce meatballs with 2 ounces gravy.