



The **ingles** Table

with Julie May

Meatball Stroganoff

Shopping List

- Frozen Italian style meatballs
(1/2 oz each)
- 2 Tbsp Extra virgin olive oil
- 2 cups beef broth
- Kosher salt and black pepper to taste
- 1 - 1 1/2 tsp parsley
- 1 - 1 1/2 tsp oregano
- 1 - 1 1/2 tsp basil
- 1 cup sour cream
- 4 oz reduced fat cream cheese (optional)
- 1 cup heavy whipping cream
- Wide egg noodles
- Optional Garnishes
 - Fresh Oregano leaves
 - Italian seasoning

Cooking Instructions

1. Heat oil in a black iron skillet
2. Brown meatballs in heated oil
3. Pour in 2 cups of beef broth
4. Bring to a boil
5. Season generously with salt, pepper, and dried herbs (parsley, oregano, basil)
6. When liquid starts reducing add:
 - 1 cup sour cream
 - 1 cup heavy whipping cream
7. Boil water in separate pot
8. Add noodles to boiled water
9. Boil until al dente then drain
10. Add sauce and meatballs to noodles

