



## **Super Swedish “Meat”balls on a Stick + Creamy Dreamy Gravy + Icy Fruity “Soft” Sodas**

By Erin Fletter

**Prep Time 30 / Cook Time 15 / Serves 4 - 6**

### **Shopping List**

FRESH AND FROZEN

4 oz cremini mushrooms

1 garlic clove

2 green onions

1 1/2 C frozen mixed berries

PANTRY

1 15-oz can white beans (Cannellini or Great Northern)

2 T soy sauce **\*\***(see allergy subs below)**\*\***

1/4 tsp ground black pepper

1 pinch ground nutmeg

1 C panko breadcrumbs **\*\***(see allergy subs below)**\*\***

1 1/2 T olive oil + more for cooking

1/2 tsp cornstarch or arrowroot powder

3/4 C vegetable broth **\*\***

1/2 13.5 oz can full-fat coconut milk

1 pinch salt

1/4 tsp garlic powder

- 1 1/2 C apple juice
- 1 C sparkling water
- sugar to taste (about 1 to 2 T)
- HAVE ON HAND
- toothpicks

## Fun-Da-Mentals Kitchen Skills

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**simmer:** to cook a food gently, usually in a liquid, until softened.

## Equipment

- Large skillet
- Strainer or colander
- Cutting board
- Kid-safe knife
- Can opener
- Large mixing bowl
- Potato masher
- Measuring spoons
- Dry measuring cups
- Wooden spoon

- Heat-resistant spatula
- Toothpicks
- Blender (or pitcher + immersion blender)
- Liquid measuring cup

## Ingredients

### Super Swedish “Meat”balls on a Stick

- 4 oz cremini mushrooms
- 1 garlic clove
- 2 green onions
- 1 15-oz can white beans (Cannellini or Great Northern)
- 1 T soy sauce **\*\***(for CELIAC/GLUTEN/SOY ALLERGY sub coconut aminos)**\*\***
- 1/4 tsp ground black pepper
- 1 pinch ground nutmeg
- 1 C panko breadcrumbs **\*\***(for CELIAC/GLUTEN/WHEAT ALLERGY sub gluten-free/nut-free Italian breadcrumbs)**\*\***
- olive oil to coat bottom of skillet

### Dairy-Free Creamy Dreamy Gravy

- 1 1/2 T olive oil
- 1/2 tsp cornstarch or arrowroot powder
- 3/4 C vegetable broth **\*\***
- 1/2 13.5 oz can full-fat coconut milk
- 1 T soy sauce **\*\***(for CELIAC/GLUTEN/SOY ALLERGY sub 1 T coconut aminos)**\*\***
- 1 pinch salt
- 1/4 tsp garlic powder

### Icy Fruity “Saft” Sodas

- 1 1/2 C frozen mixed berries
- 1 1/2 C apple juice
- 1 C sparkling water

□ sugar to taste (about 1 to 2 T)

## Food Allergen Substitutions

### Super Swedish “Meat”balls on a Stick

**Celiac/Gluten/Wheat:** For 1 T soy sauce, substitute 1 T gluten-free tamari or coconut aminos. For 1 C panko breadcrumbs, substitute 1 C gluten-free/nut-free Italian breadcrumbs for panko breadcrumbs.

**Soy:** For 1 T soy sauce, substitute 1 T coconut aminos.

### Dairy-Free Creamy Dreamy Gravy

**Celiac/Gluten/Wheat/Soy:** Check vegetable broth labels for possible allergens and, if necessary, use water only. Substitute coconut aminos for soy sauce.

### Icy Fruity “Saft” Sodas

## Instructions

### Super Swedish “Meat”balls on a Stick

#### wash + twist + chop

Wash **4 ounces of cremini mushrooms** in a strainer and shake off the excess water. Twist off the stems and chop both stems and caps into very tiny pieces!

#### mince + drain + combine + mash

Next, mince **1 garlic clove** and **2 green onions**. Then, drain **1 can of cannellini beans** and add the beans, minced garlic, minced green onions, and chopped mushrooms to a large mixing bowl. Use a potato masher to mash all the ingredients together.

#### season + mix + roll

Season the mashed mixture with **1 tablespoon soy sauce**, **1/4 teaspoon black pepper**, and **1 pinch of nutmeg**. Add **1 cup panko breadcrumbs**. Mix until well combined. Have kids dip their hands into a bowl of water and then roll the mixture into 1-inch “meat”balls.

#### sauté + pour + simmer + thicken

Coat the bottom of a large skillet with **olive oil**. Add the “meat”balls and brown on all sides. Then pour in blended **Dairy-Free Creamy Dreamy Gravy** or another gravy, bring to a simmer, and allow the sauce to thicken. Spear the “meat”balls with toothpicks and serve with a spoonful of gravy over them! "Smaklig måltid" (SMOCK-lig MOL-tid) or "Enjoy your meal" in Swedish!

## Dairy-Free Creamy Dreamy Gravy

### measure + add + blend

Measure and add **1 1/2 tablespoons olive oil, 1/2 teaspoon cornstarch or arrowroot powder, 3/4 cup vegetable broth, 1/2 can coconut milk, 1 tablespoon soy sauce,** and **1 pinch of salt** to a blender (or pitcher for use with an immersion blender). Blend on high until the mixture is smooth and creamy.

### add + simmer + stir

Add this mixture to your skillet once **Super Swedish “Meat”balls** or other meatballs have browned. Bring to a simmer and stir until gravy thickens.

## Icy Fruity “Saft” Sodas

### add + blend

Add **1 1/2 cups frozen mixed berries** and **1 1/2 cups apple juice** to your blender (or pitcher for use with an immersion blender). Blend until smooth, adding more apple juice if needed to thin. Add **1 cup of sparkling water** and stir to mix. Taste and add sugar if you want your soda sweeter! Enjoy!

## Featured Ingredient: Beans!

Hi! I'm a Bean!

"Hey! How've you bean ... I mean, been? My name is Cannellini, and I'm a white bean! We beans go back a long, long time. A couple of my cousins are the Navy bean and the Great Northern bean. You can add us to soups, stews, and chili, or eat us all by ourselves! We sometimes cause tummies to inflate (you know, get gassy?), but soaking, draining, and rinsing dried beans really well might help prevent that from happening. Did you know that Senate Bean Soup is on the menu at the US Senate's Dirksen Café every single day?! I'm inflating with pride just thinking about that!"

### History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein. Today, the largest commercial producers of common dried beans are India, China, Indonesia, Brazil, and the United States.

North Dakota grows forty percent of the beans in the US, more than any other state!

Brazil grows the most beans in the world.

In Nicaragua, newlyweds are given a bowl of beans for good luck.

## Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

## How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're not thoroughly dried, they can be hung up to finish drying before they're popped from their shells.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous, and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

## Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our tummies happy.

Beans are excellent sources of iron, magnesium, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

### Beany Expressions:

Bean counter = an accountant

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth