

Seared/Baked Meatballs with Brown Gravy and Pasta

Adapted from The Pioneer Woman, Salisbury Steak Meatballs

1 pound ground beef
3/8 cup seasoned breadcrumbs
1/8 cup spicy brown mustard
1/8 cup ketchup
1 1/2 teaspoons Worcestershire sauce
1/4 teaspoon Mrs. Dash Table Blend (or salt)
1/4 teaspoon ground black pepper (or to taste)
2 tablespoons unsalted butter, divided
1/2 large onion, sliced
1 tablespoon corn starch (or flour) mixed with 1/2 cup beef broth
1 1/2 to 2 cups homemade or low-sodium beef broth, divided
1/2 teaspoon additional Worcestershire sauce
2 teaspoons additional ketchup
1/4 teaspoon Liquid Smoke (I used Stubb's)
8 ounces wide egg noodles
Dried minced parsley

In a medium bowl, combine the first seven ingredients and mix well with clean hands. Roll and compact into meatballs. Add 1 tablespoon of butter to a large skillet, then sear over medium-high heat on all sides until browned. Remove to a plate to cool and meanwhile preheat your oven to 400 degrees. This is also a good time to put a pot of water on to boil for the pasta.

Add one more tablespoon of butter to the skillet (with all the leftover browned burger bits) and add in the onions. Reduce heat to medium and saute them for about 10 minutes until fairly soft. While the onions are cooking, you can re-compact your meatballs up and place on a parchment or foil-lined pan in one layer and cook in oven for 15 minutes. Remove and set aside.

Once the onions are softened, add the cornstarch or flour slurry to the skillet, scraping up all the yummy browned bits. Then add the rest of the beef broth, the additional Worcestershire and ketchup and the Liquid Smoke, then mix well, bringing up to a simmer (lower heat once it does).

Now add your pasta to the boiling water. Cook pasta until al dente, drain, and pour onto a large plate or in bowl. The onions and gravy should be nice and done now, so pour the mixture over the pasta, top with the meatballs, sprinkle some parsley over it, scoop into bowls, and chow down. Serve if you like with a side salad, French bread, and fruit.