

Swedish Meatball Noodle Skillet

Servings: 2–3 | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes | **Total Time:** 25 minutes

This Swedish meatball noodle skillet is a cozy, creamy one-pan dinner inspired by classic Swedish flavors — but made fast and simple for busy weeknights. Tender meatballs simmer with egg noodles in a lightly spiced cream sauce, creating a comforting meal that feels hearty without being complicated.

Why You'll Love This Recipe

- One-pan meal with minimal cleanup
- Ready in 25 minutes, perfect for weeknights
- Creamy but balanced — not overly heavy
- Family-friendly flavors with subtle warmth from nutmeg
- Easy to customize with proteins or vegetables

Ingredients

- ½ lb small meatballs (homemade or store-bought)
- 2 cups egg noodles (uncooked)
- 1 cup beef or chicken broth
- ¼ cup heavy cream
- ¼ tsp ground nutmeg
- 1 Tbsp butter
- Salt & black pepper, to taste

Ingredient Notes & Substitutions

- **Meatballs:** Smaller meatballs heat evenly and coat better with sauce. Beef, pork, turkey, or chicken all work.
- **Egg noodles:** Wide or medium noodles absorb the sauce best.
- **Nutmeg:** Adds subtle warmth and classic Swedish flavor.
- **Cream:** Heavy cream is richest; whole milk or half-and-half can lighten it.
- **Broth:** Beef adds depth; chicken keeps it lighter.

Instructions

Step 1: Brown the meatballs

Melt butter in a large skillet over medium heat. Add meatballs and cook about 4 minutes, turning occasionally, until lightly browned.

Step 2: Add noodles and broth

Add uncooked egg noodles and broth. Stir gently so noodles are mostly submerged. Bring to a simmer and cook 8 minutes, stirring occasionally.

Step 3: Create the creamy sauce

Reduce heat to medium-low. Stir in cream, nutmeg, salt, and pepper. Simmer 2–3 minutes until noodles are tender and sauce thickens.

Step 4: Serve

Taste and adjust seasoning. Serve hot with freshly cracked black pepper.

Tips for Best Results

- Stir gently to avoid breaking noodles.
- If sauce thickens too much, add a splash of broth or milk.
- Nutmeg should be subtle — adjust carefully.

Storage & Reheating

Refrigerator: Store leftovers in an airtight container for up to 3 days.

Reheat: Warm gently with a splash of broth or milk.

Variations & Add-Ins

- Add vegetables: spinach, peas, mushrooms, or green beans
- Protein swaps: turkey or chicken meatballs
- Lighter version: use whole milk or half-and-half
- Extra richness: stir in sour cream before serving

What to Serve With Swedish Meatball Noodles

- Lingonberry jam or cranberry sauce
- Roasted carrots or green beans
- Simple cucumber salad
- Buttered rye or crusty bread