We were inspired by local Idaho ingredients-ground beef from Vandal Meats, Idaho cheese, and an Idaho staple-potatoes. We hope that this dish reminds you of a traditional homecooked meal while bringing new flavor components to the table.

**Total Servings** - 20  
**Serving Size** - 1 meatball with sides  
**Dietary Considerations** - N/A

### Ingredients for Meatballs
- Yellow Onion, finely diced
- Garlic Cloves, minced
- Butter, unsalted (1 tbsp. for onions/garlic to cook in as well as 1 tbsp. to cook meatballs in)
- Ground Beef
- Large Eggs
- Breadcrumbs
- Turmeric
- Paprika
- Cumin
- Garlic powder
- Red Chili Powder
- Dried parsley
- Salt
- Black Pepper

### Ingredients for Mashed Potatoes
- Yukon Gold Potatoes
- Unsalted Butter
- Heavy Cream-amount can vary depending on desired thickness
- Black Pepper
- Salt (plus dash in water for cooking potatoes)

### Ingredients for Creamy Mushroom Sauce
- Butter (3 tbsp. for roux, 1/2 tbsp. for frying mushrooms/onion/garlic)
- Yellow Onion, finely diced
- Pressed Garlic
- White Mushrooms, diced
- White Flour
- Heavy Cream
- Salt
- Black Pepper

**Ingredients for Topping**
- Sharp Cheddar Cheese
- Green onion, finely chopped, for optional garnish

**Directions for Meatballs**

**STEP 1** In a medium sauté pan over low/medium heat, add butter and heat.

**STEP 2** Once butter is hot, add onion. Cook until lightly browned (approx. 3-5 min.). Stir often to prevent burning. When onions begin to brown, add minced garlic. Cook onions and garlic together for an additional 1-2 minutes, until garlic is browned slightly. Remove from heat, set aside.

**STEP 3** In a large bowl, mix together ground beef, eggs, breadcrumbs, sautéed onions/garlic, turmeric, paprika, cumin, garlic powder, red chili powder, dried parsley, salt and black pepper. Mix until combined with clean hands.

**STEP 4** Form ground beef mixture into round balls, approximately 1.5 in. in diameter.

**STEP 5** Add meatballs to large sauté pan over low/medium heat with 1 tbsp. heated butter.

**STEP 6** Fry meatballs until brown on all sides and cooked through, approx. 20 min. Internal temperature should reach 160 degrees F.

**Directions for Mashed Potatoes**

**STEP 1** Wash and peel potatoes. Cube into 1 in. by 1 in. pieces and place into pot of cold salted water.

**STEP 2** Bring water to a boil. Once water begins to boil, cook potatoes for approx. 12 minutes. Test tenderness with fork.

**STEP 3** When potatoes are tender, drain water.

**STEP 4** Add butter to pot, begin mashing. Slowly incorporate heavy cream until desired texture is reached.

**STEP 5** Incorporate black pepper and salt.

**Directions for Creamy Mushroom Sauce**

**STEP 1** Heat butter in medium sauté pan over medium heat.

**STEP 2** Once the pan is heated, add onion and chopped mushroom. Sauté together for
3-5 minutes, until onion starts to brown. Incorporate minced garlic and cook for an additional 1-2 minutes. Set aside.

**STEP 3** Heat a second medium sauté pan on medium and add butter to heat. Once butter has melted, slowly whisk in equal parts four. Whisk continuously for approx. 2 minutes until desired thickness is reached, then slowly add heavy cream, ¼ cup at a time. Continue whisking while adding heavy cream until desired thickness is achieved. Remove from heat.

**STEP 4** Incorporate sautéed onion/mushroom/garlic mixture to sauce. Stir in salt and pepper to taste.

**Directions for Plating and Presentation**

**STEP 1** Preheat oven to 350 degrees F.

**STEP 2** Assemble souffle cups on edged baking sheet (one souffle cup for each meatball).

**STEP 3** Using a medium sized ice cream scooper, place one scoop of mashed potatoes into each souffle cup.

**STEP 4** Flatten mashed potato scoops with a spatula and, using the ice cream scooper, place an indent in the middle of the mashed potatoes.

**STEP 5** Fill indent with one spoonful (around 1 tablespoon) of creamy mushroom sauce.

**STEP 6** Place meatball on top of creamy mushroom sauce.

**STEP 7** Put one slice of cheese over meatball.

**STEP 8** Cook at 350 degrees until cheese is melted, no more than 5 minutes.

**STEP 9** Top with chopped green onion if desired.

**Nutritional Data**

Calories 450 kcal
Total Fat 30 g
Cholesterol 119 mg
Sodium 419 mg
Total Carbohydrate 28 g
Protein 19 g