

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 flour. 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