

# Meatball Party Sub

Turn a weeknight dinner into a party with a big sandwich full of melty cheese and easy-to-assemble meatballs.

Active Kitchen Time: 30-40 minutes

Yield: 6 servings

Cook Time: 8-10 minutes

## Ingredient List

- 2 cloves garlic
- 1 lb ground beef
- 3 Tbsp bread crumbs
- ½ tsp garlic powder
- 1 tsp kosher salt
- ¼ tsp ground black pepper
- 1 Tbsp vegetable oil
- 1 tsp Italian seasoning
- 1 (24 oz) jar marinara sauce
- 1 loaf French bread
- ¼ cup grated Parmesan cheese
- 6 slices provolone cheese
- 6 Tbsp butter
- 1 egg

## Supper Smarts



**Serving Suggestions:** Serve with a salad, baby carrots, or steamed broccoli.



**Leftover Love:** If you think you will have too much sandwich, use small hoagie rolls and make just enough to feed your family. Save any leftover meatballs in a separate container from rolls, and assemble starting at step 11 when ready to enjoy again!



**Speed it Up:** Scoop meat using an ice cream scooper and just let balls be a little lumpy. They still taste delicious and will be much quicker to make!

## Dietary Modifications



**Gluten-Free:** Use gluten-free breadcrumbs, such as Kroger, Good & Gather, or Schar. Use a gluten-free baguette, such as Udi's, Schar, or Against The Grain.



**Egg-Free:** Replace egg with 1 flax egg.



**Dairy-Free:** Use dairy-free Parmesan, such as Go! Veggie or Follow Your Heart. Use dairy-free butter, such as Melt or Earth Balance. Use dairy-free provolone, such as Follow Your Heart or Daiya.



**Vegetarian:** Replace ground beef with plant-based beef, such as Sweet Earth or Beyond Beef.

# Meatball Party Sub

1



Crack 1 egg in large bowl. Throw away shells and wash your hands. Whisk until smooth.

2



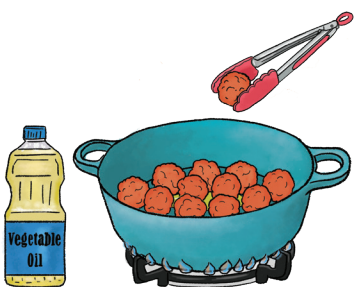
Add 3 Tbsp bread crumbs,  $\frac{1}{4}$  cup grated Parmesan,  $\frac{1}{2}$  tsp garlic powder, 1 tsp kosher salt,  $\frac{1}{4}$  tsp black pepper, and 1 lb ground beef to egg. Mix with hands.

3



Portion 12 meatballs, about 1  $\frac{1}{2}$  inches each. Set on plate.

4



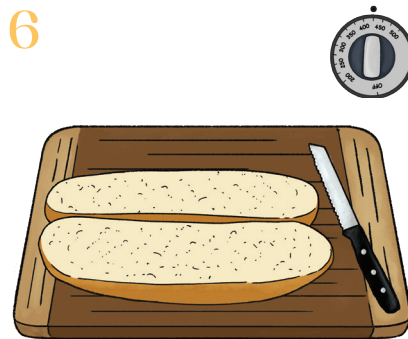
Heat 1 Tbsp vegetable oil in pot over medium-high. Use tongs to add meatballs. Sear without stirring for 3 minutes.

5



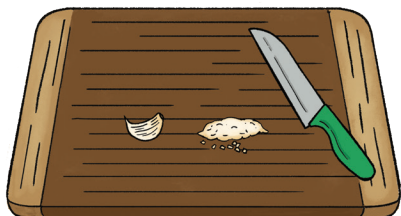
Add 1 (24 oz) jar marinara sauce. Bring to boil. Reduce heat to low and simmer 20 minutes.

6



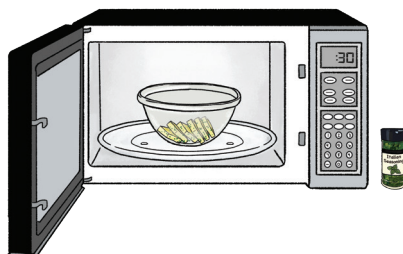
Preheat oven to 425°F. Cut 1 loaf French bread in half lengthwise with serrated knife. Set on foil-lined baking sheet.

7



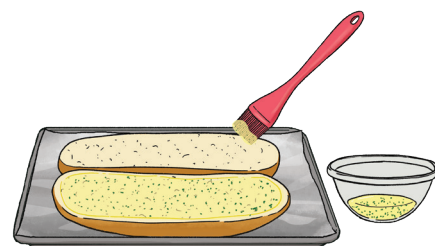
Smash and peel 2 cloves garlic. Mince and add to small microwave-safe bowl.

8



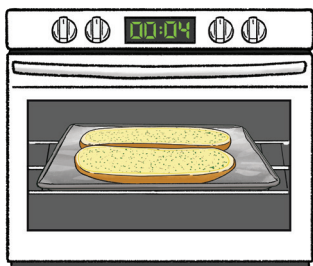
Add 6 Tbsp butter and 1 tsp Italian seasoning to garlic. Heat until melted, 30-60 seconds.

9



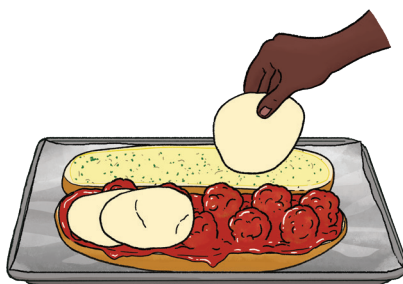
Brush garlic butter over both pieces of bread.

10



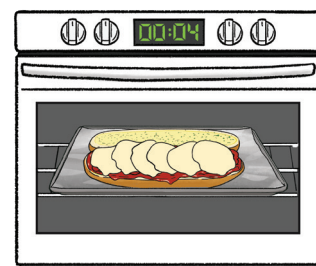
Bake 4-5 minutes, until edges are very lightly browned.

11



Scoop meatballs onto bottom half of bread. Spoon just enough sauce to cover. Lay 6 slices provolone cheese on top.

12



Return hot pan to oven. Bake until cheese melts, 4-5 min. Build sandwich. Slice to serve. TASTE & SHARE!