

Meatball Subs

with Red Leaf Salad

Not all meatballs are created equal. The secret to authentic, tender meatballs is cooking them twice. You'll bake these meatballs first to give them a perfect, brown crust then simmer them in a flavorful tomato sauce to combine the flavors and make sure the centers stay wonderfully juicy. They're the perfect foundation for these hearty sandwiches.



Ingredients

- 4 Cloves Garlic
- 2 Sub Rolls
- 1 Carrot
- 1 Kirby Cucumber
- 1 Shallot
- 1 Yellow Onion
- ½ Head Red Leaf Lettuce
- 10 Ounces Ground Beef
- ¼ Cup Panko Breadcrumbs
- 2 Teaspoons Italian Seasoning
- 1 15-Ounce Can Crushed Tomatoes
- 1 Tablespoon Red Wine Vinegar
- 4 Slices Provolone Cheese
- ¼ Cup Grated Parmesan Cheese

Makes 3 Servings

About 650 Calories Per Serving



Instructions

1



Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Slice the sandwich rolls horizontally, cutting almost all the way through, leaving one of the long sides intact (they should look like hot dog buns). Peel and mince the garlic and shallot. Peel and small dice the onion. Peel and thinly slice the carrot on an angle. Thinly slice the cucumber on an angle. Cut off and discard the root of the lettuce then roughly chop the remaining leaves.

2



Form the meatballs:

In a medium bowl, combine the **ground beef, panko breadcrumbs, Italian seasoning, half the garlic and half the shallot**. Drizzle with olive oil and season with salt and pepper. Gently mix until just combined then, using your hands, form the mixture into 8 meatballs.

3



Bake the meatballs:

Place the **meatballs** onto a lightly oiled sheet pan, about 1 to 2 inches apart, and bake 8 to 10 minutes, or until browned on the outside. Remove from the oven and transfer the meatballs to a plate. Carefully discard any drippings and wipe off the sheet pan.

4



Make the sauce:

While the meatballs bake, in a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion and remaining garlic**. Cook, stirring frequently, 3 to 5 minutes, or until softened. Add the **tomatoes and ¼ cup of water**; season with salt and pepper. Bring the mixture to a boil then reduce the heat to medium and simmer 4 to 6 minutes, or until thickened; season with salt and pepper to taste. Add the **browned meatballs** to the sauce and simmer 4 to 6 minutes, or until completely cooked through.

5



Make the dressing & salad:

While the sauce and meatballs simmer, in a small bowl, combine the **red wine vinegar and remaining shallot**. Season with salt and pepper. Whisk in **2 tablespoons of olive oil** until well combined. In a large bowl, combine the **carrot, cucumber and lettuce**. Just before serving, add enough dressing to coat the greens and toss to thoroughly mix.

6



Finish & plate your dish:

Place the **sub rolls**, cut side up, onto the same sheet pan used to bake the meatballs. Toast in the oven (still at 500°F) for 2 to 4 minutes, or until lightly browned. Remove from the oven and divide the **sliced Provolone, meatballs, sauce and all but a pinch of the Parmesan cheese** between each roll. Bake 2 to 4 minutes, or until the cheese is melted. To plate your dish, divide the **sandwiches and salad** between 2 plates. Garnish with the **remaining Parmesan cheese**. Enjoy!