

Meatball Subs



For the meatballs:

3/4 lb. lean ground beef
1/2 lb. Italian sausage
1 clove garlic
1/4 tsp. red pepper flakes
1 tsp. Italian Seasoning
1 tsp. salt
1/4 tsp. black pepper
1/3 cup bread crumbs

1/3 cup milk

1 egg

1 24 oz. jar spaghetti or marinara sauce

For assembly:

6 whole wheat sub rolls

3/4 cup shredded mozzarella cheese

3/4 cup grated parmesan cheese

Chopped fresh Italian parsley

Preheat oven to 400 F. Remove casings from Italian sausage and place in a medium bowl. Add the beef to the sausage and mix until well combined. Grate the garlic into the bowl with the meat mixture, and then add remaining ingredients for meatballs. Mix until thoroughly combined. Form into 12 balls slightly larger than a golf ball. Place the meatballs on a baking sheet lined with parchment paper. Bake for approximately 25 minutes.

Remove meatballs from oven and place in a single layer in a shallow pan. Pour over spaghetti or marinara sauce of your choice. Bring to the sauce almost to a boil, then reduce the heat to low and cover the pan. Cook for 10 minutes.

Prepare the sub rolls by cutting a wedge shaped piece from the top of each. On each roll, spoon a little of the sauce and two meatballs. Top each with 2 tablespoons mozzarella cheese and 2 tablespoons parmesan cheese. Sprinkle with chopped parsley.

Enjoy!

--Never Enough Thyme
<http://www.lanascooking.com>