



Meatball Sub with Mozzarella

Italian sausage meatballs with marinara, roasted garlic spread, thin sliced red onions, fresh basil and provolone

I know it's blasphemy to all my Italian Paisanos, but... I love the meatball sub from subway. I've always wanted to make my own version of a meatball sub, so... in the words of Super Mario, "Let's go!!" I tried to elevate it a bit by using MY Italian sausage recipe for the meatballs and including a creamy roasted garlic spread, on the toasted bread.

Servings Info.:

Yields: 2 sandwiches
 Servings: 2
 Serving: 1 sandwich



- last checked 03/15/24 -
 Listed Points DO NOT INCLUDE BREAD! Use whatever brand rolls you want, then add my points.

Ingredients:

Italian Sausage Meatballs:

- 1 lb batch of my turkey Italian Sausage, recipe on pg 25, with the following addition in the raw mix:
 - Add 1-1/2 tsp EACH, regular and panko breadcrumbs
 - Add 1 large egg

Roasted Garlic Spread:

- 9-10 medium garlic cloves
- 1/4 tsp olive oil
- 2 Tbsp plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 2 tsp white wine vinegar (or regular distilled white)
- 1/8 tsp salt
- 1/8 tsp cracked black pepper
- 1/2 tsp garlic powder

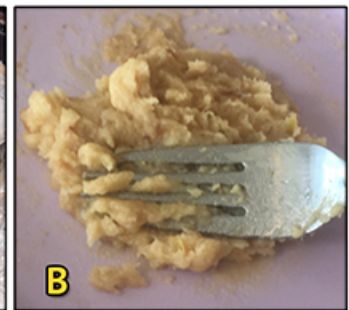
Quick Marinara Sauce

- 1 batch of my "5 minute marinara", recipe on pg 16

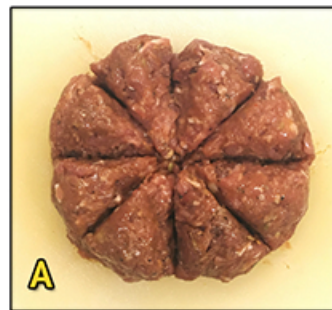
Additional Ingredients:

- 2 french bread 'hoagie' sandwich rolls **
- Fresh basil leaves (OPTIONAL)
- 6 Tbsp part-skim shredded mozzarella, divided (see 4C)
- 1 tsp reduced fat parmesan grated topping (like Kraft)
- Fresh chopped basil, for garnish, if desired

Directions:



- 1 (A) Preheat oven to 375 degrees. Place garlic cloves in a small foil pouch and drizzle with the olive oil and spray into the pouch with cooking spray. Stir to mix with the garlic. Close the foil and bake for 35-40 minutes. (B) Remove from the oven slightly open the pouch and let cool for 10 minutes. Remove garlic bulbs from the skin (if you're using garlic with skin on) and use a fork to mash the garlic. Mix mashed garlic with the rest of the 'Garlic Spread' ingredients. Set aside.



- 2 (A) Prepare the meat mixture and let rest for 20 minutes. Once rested, divide into 8 portions and roll into meatballs. (B) Heat a pan over medium heat for 1 minute. Spray with cooking spray, then arrange meatballs in the pan. DO NOT MOVE THEM. Let them cook for 3 minutes, then flip and cook 3 more minutes. Pour your marinara sauce into the pan, lower the heat to medium-low, cover and cook for 10 minutes. Remove pan from heat and set aside with a lid on it.

3. TURN ON YOUR OVEN'S BROILER!

While it's heating up... Split your bread rolls and toast them, face side down on a hot pan. Scoop out bread from the top halves, which will help make room for the meatballs.



- 4 (A) Take 1/2 of the roasted garlic spread and smear it onto the 'bottom bread' of each sandwich. (B) Arrange 3 or 4 of the meatballs (depending on how large your bread roll is) into your sandwich, followed by some of the hot marinara sauce. (C) Divide the shredded mozzarella in half (3 Tbsp) and spread it over each of the 2 sandwiches. (D) Place your sandwiches on an oven safe pan, with the shredded cheese facing up toward the broiler flames. (you can arrange some rolled up foil under the outer side of each sandwich (look at picture 4B and C) to keep the rolls from opening too wide under the weight of the filling, if you want. Put the sandwiches into the oven, under the broiler for 3-4 minutes or until the cheese melts. Make sure not to burn the bread though. Remove from oven and let cool for 3-5 minutes. Sprinkle each sandwich with 1/2 tsp grated parmesan topping, then serve.

NOTES & SUGGESTIONS:

- **MARINARA:** If you don't want to use my sauce, don't. Use any recipe you want, as long as it's 0 points.
- **CHEESE:** Here's where you have a LOT of different options. I chose to use part-skim mozzarella on my sandwiches, because I wanted to have a bunch of gooey cheese on mine. However, if you want provolone cheese, feel free to use that too. Or, you can be like @chiafullo and put pineapple on your sub. He puts pineapple on everything, even his neapolitan pizzas.
- **THE BREAD!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add 'my points' to your bread's points. Easy. If you use an 7 point roll, add those 7 points to the 2 points for my sandwich. Boom, 9 point meatball sub. Simple.
- **WHAT I DID FOR MY BREAD:** I used a generic, store bought, 7 point 'french bread hoagie roll'. I scanned the bag and pulled it up in the app. Then, scrolled down to see how many grams I'd need to remove for it to be a 6 point roll, by weight. I scooped out bread from the top bun and weighed it again, till I hit that "6 point" number.
- **GARLIC SPREAD:** I wanted to add an extra flavor punch to my sub, to elevate the flavor a little bit from your regular run of the mill, generic meatball sub. So, I thought I'd add the creamy and tangy roasted garlic spread to it. However, I know that not everyone wants to take the time to roast garlic for it. If you want a quicker, easier, though less flavorful spread you can whip together in a minute... Instead of the 9-10 roasted garlic cloves, make the spread with 1 tsp of garlic powder, instead of 1/2 tsp. It'll work in a pinch and save you 40 minutes.
- **EXTRA MEATBALLS!!!!:** I know, I know. In my sandwiches I only used 3 meatballs per sandwich, but my recipe makes 8 total meatballs. So, what gives?? Well, the number of meatballs you use is completely dependent on how large of a roll you use. If your roll doesn't have enough room for 4 meatballs each, save the extra 2 for a later meal or snack.

