

Cheesy Meatball Subs

with Herby Marinara and Crispy Broccolini

What's better than a cheesy meatball sub? Tender meatballs simmer in an herby marinara for slow-cooked flavor in only 30 minutes!



Prep: 10 min Total: 30 min







Ground Beef



Po' Boy Rolls



Broccolini



Crushed Tomatoes



Yellow Onions







Mozzarella



Italian Seasoning



Lemon

Ingredients		4 People	*Not Included <u>.</u> ⊆
Ground Beef		20 oz	Allergens
Po' Boy Rolls	1) 3)	4	1) Wheat
Broccolini		12 oz	
Crushed Tomatoes		1 Box	2) Milk <u>=</u> 3) Soy <u>\$</u>
Yellow Onions		2	
Garlic		4 Cloves	n' -
Basil		½ oz	Ruler
Mozzarella Cheese	2)	1 Cup	₩ 0
Italian Seasoning		2 t	Tools
Lemon		1	Large pot, Medium bowl, Baking sheet
Olive Oil*		4 t	

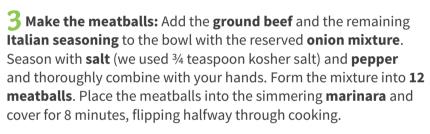
Nutrition per person Calories: 674 cal | Fat: 25 g | Sat. Fat: 10 g | Protein: 49 g | Carbs: 73 g | Sugar: 15 g | Sodium: 1019 mg | Fiber: 9 g



1 Prep the veggies: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and finely dice the onion. Thinly slice the garlic. Finely chop half the basil leaves.



2 Make the marinara: Heat a large drizzle of olive oil in a large pot over medium heat. Add the onion and garlic and cook, tossing for 4-5 minutes, until soft. Set half the onion mixture aside in a medium bowl. Add 1 cup crushed tomatoes, 1 ½ cups water, the chopped basil, and half the Italian seasoning to the pot with the onion mixture. Bring to a simmer and season with salt and pepper.





- 4 Roast the broccolini: Cut the broccolini into thirds and toss on a baking sheet with a large drizzle of olive oil and a pinch of salt and pepper. Place in the oven for about 12 minutes, until slightly crispy.
- **5 Finish the meatballs:** Uncover the **meatballs** and simmer until the **marinara** sauce is thickened and the meatballs are cooked through, approximately 3-4 minutes. Sprinkle the meatballs with the **mozzarella cheese** and cover again until the cheese has melted.
- **6** Finish and serve: Split the po' boy rolls and place in the oven to toast for 2-3 minutes. Cut the lemon into wedges. Place a large spoonful of marinara and 3 cheesy meatballs inside each roll and finish with the remaining basil leaves. Squeeze some lemon over the crispy broccolini and serve alongside. Enjoy!



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