Zesty Meatball Sandwiches

Zesty Italian-style meatballs are tossed with pepper and onions in a tomato sauce and served in a hoagie roll. This sandwich is perfect for game day or dinner any night of the week.

50 Min | 4 Servings | 42 Cal | 31g Protein

INGREDIENTS

1 pound Ground Beef (93% lean or leaner)

1/2 cup soft bread crumbs

1 egg

2 tablespoons finely chopped onion

1 teaspoon minced garlic

1/2 teaspoon salt

1/8 teaspoon black pepper

1/2 onion, cut into thin strips

1/2 green bell pepper, cut into thin strips

1-1/4 cups prepared spaghetti sauce

1/2 teaspoon dried basil

4 rolls hoagie rolls, split

1/4 cup shredded mozzarella cheese

COOKING

1. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, egg, minced onion, garlic, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into twelve 2-inch meatballs. Place on rack in broiler pan. Bake in 350°F oven 25 to 30 minutes.

2. Heat 2 tablespoons water in large nonstick skillet over medium heat until hot. Add onion strips and bell pepper; cook and stir 4 minutes or until vegetables are tender. Add spaghetti sauce, basil and meatballs; heat through, stirring occasionally. Serve in rolls; sprinkle with cheese.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		18g	137mg		47g	31g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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