

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.

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



50 Min



4
Servings



42 Cal



31g
Protein

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.

