

Cheese-Stuffed Meatball Subs

dashrecipes.com

Dash Magazine - September 2013

Servings: 4

1 1/2 cups fresh bread crumbs (from two slices of bread)

1/4 cup milk

1 tablespoon extra-virgin olive oil

8 cloves garlic, minced and divided

10 plum tomatoes, cored and chopped

Kosher salt

freshly ground pepper

1/2 onion, very finely chopped

2 tablespoons fresh flat-leaf parsley, minced

1 teaspoon dried oregano

1 large egg, beaten

1 1/2 pounds lean ground beef

1/2 pound fresh mozzarella, cut into 12 cubes

4 six-inch subrolls, split horizontally

4 slices provolone cheese

flat-leaf parsley (for garnish)

Preparation Time: 1 hour

Preheat the oven to 450 degrees.

Soak the bread crumbs in milk for 5 minutes.

Meanwhile, warm the oil in a Dutch oven over medium-high heat. Add half of the garlic and cook until golden, about 1 minute, then add the tomatoes. Season with salt. Bring to a boil over high-heat and cook, stirring, about 5 minutes. Decrease the heat to medium and simmer, stirring occasionally, until the tomatoes break down and the sauce thickens, 35 to 45 minutes.

Meanwhile, in a bowl combine the onion, parsley and oregano with the remaining garlic. Mix in the egg, then the ground beef and soaked bread crumbs. Add 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

Divide the meat into twelve balls. Make a deep indentation in each with your thumb and insert a mozzarella cube. Pinch and pat the meat to seal. Place on a parchment-lined baking sheet. Repeat with the remaining meatballs and cheese.

Roast until golden, about 12 minutes. Decrease the temperature to 375 degrees and roast until crusty on the bottom and cooked through, about 8 to 10 minutes. (With a knife, check the center of a meatball for doneness.) Let rest for 5 minutes.

Divide the meatballs among the rolls and top with sauce and provolone. Toast the sandwiches on a baking sheet in the oven until the cheese melts, about 3 minutes.

Sprinkle with parsley and serve with more sauce on the side.

Start to Finish Time: 1 hour

Homemade sauce is great on these subs, but for a shortcut, use one cup of jarred sauce and skip step #3.

Per Serving (excluding unknown items): 1020 Calories; 76g Fat (67.5% calories from fat); 68g Protein; 14g Carbohydrate; 2g Dietary Fiber; 274mg Cholesterol; 1315mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 9 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	1020	Vitamin B6 (mg):	.7mg
% Calories from Fat:	67.5%	Vitamin B12 (mcg):	6.1mcg
% Calories from Carbohydrates:	5.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	26.8%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	76g	Folacin (mcg):	64mcg
Saturated Fat (g):	38g	Niacin (mg):	9mg
Monounsaturated Fat (g):	28g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	274mg	% Daily Value:	0.0%
Carbohydrate (g):	14g		
Dietary Fiber (g):	2g		
Protein (g):	68g		
Sodium (mg):	1315mg		
Potassium (mg):	1073mg		
Calcium (mg):	1066mg		
Iron (mg):	5mg		
Zinc (mg):	11mg		
Vitamin C (mg):	35mg		
Vitamin A (i.u.):	2245IU		
Vitamin A (r.e.):	454RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	8 1/2
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	9 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 1020 Calories from Fat: 689

% Daily Values*

Total Fat	76g	117%
Saturated Fat	38g	190%
Cholesterol	274mg	91%
Sodium	1315mg	55%
Total Carbohydrates	14g	5%
Dietary Fiber	2g	9%
Protein	68g	
Vitamin A		45%
Vitamin C		59%
Calcium		107%
Iron		28%

* Percent Daily Values are based on a 2000 calorie diet.