

# Meatball Subs III

*Taste of Home Test Kitchen  
Taste of Home Magazine - April/May 2021*

*3 cups "Homemade  
Marinara Sauce" (see  
recipe listed under "sauces  
- cooking")  
2 large eggs  
1 cup dry bread crumbs  
2 tablespoons grated  
Parmesan cheese  
2 tablespoons onion, diced  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder  
1/4 teaspoon Italian  
Seasoning  
2 pounds ground beef  
sandwich rolls  
saute'ed onions and  
peppers (for garnish)*

In a bowl, combine the eggs, bread crumbs, Parmesan, onion, salt, pepper, garlic powder and Italian seasoning.

Crumble the ground beef over the mixture. Mix well.

Shape the meat mixture into one-inch balls. Place the meatballs into a three-quart microwave-safe dish. Cover. Microwave on HIGH for 4 minutes. Turn the meatballs. Microwave on HIGH until no longer pink, about 3 to 4 minutes. Drain.

Add the marinara sauce to the dish. Cook 2 to 4 minutes on HIGH or until heated through.

Serve on rolls with sliced onions and peppers, if desired.

Per Serving (excluding unknown items): 3450 Calories; 260g Fat (68.9% calories from fat); 18g Protein; 83g Carbohydrate; 3g Dietary Fiber; 1204mg Cholesterol; 2942mg Sodium. Exchanges: Grain(Starch); 24 Lean Meat; 38 1/2 Fat.