

# Meatball Subs

**IOWA**

Student Wellness

## Ingredients

- 1 1/2 pounds ground meat (beef, turkey, pork or combination)
- 1 egg, beaten
- 1 1/4 cups Italian seasoned bread crumbs
- 2 tablespoons chopped fresh parsley
- 3 tablespoons garlic, finely minced
- 1- 28 ounce can crushed tomatoes with basil
- 1 small can tomato paste
- 1 - 2 teaspoons of salt
- 1 teaspoon of cracked pepper
- 1 package of low fat shredded mozzarella cheese
- 1 package of Kaiser rolls



## Directions

1. In slow cooker, combine tomato paste, crushed tomatoes, salt, pepper and 2 tablespoons of minced garlic.
2. In a large bowl, use your hands to mix together ground meat, egg, bread crumbs, fresh parsley and 1 tablespoon of minced garlic. Combine well.
3. Divide the meat mixture into 20-26 meatballs.
4. Place the meatballs in the sauce mixture and cook on LOW for 4 to 6 hours.
5. Put about three meatballs on each sub and ladle some of the sauce over the meatballs.
6. Top with mozzarella cheese.
7. Broil for 3 minutes or until the cheese is completely melted.
8. Cool for a minute or two and **ENJOY!**