

# Italian Meatball Sub Sandwich

Adapted slightly from *The Modern Proper* food blog



## Servings: 6

1. Place the beef, sausage, parsley, garlic, bread crumbs, eggs, cheese, salt & pepper in a large bowl. It is important to not over mix the meat, so use your hands to combine the meatball ingredients. Once all ingredients are combined, roll into 1.5 inch balls, flatten them some so they're kind of a flat oval and thread onto 4 skewers.
2. Preheat grill. When it's hot, grease the grill (pour some oil onto a folded paper towel, grab with tongs and brush on the grates), then place the meatball skewers on the grill. Using tongs, rotate the meatballs until cooked through and evenly browned on all sides about 8-10 minutes total, depending on grill temperature.
3. Cut the baguette crosswise, split each piece horizontally and brush with olive oil. Place the bread face down in the grill. Flip the bread over when it is crispy and grill marks have appeared.
4. Top each baguette with mozzarella and wait for it to melt before removing it from the grill.
5. Place grilled meatballs onto the cheesy bread, drizzle with ample sauce and sprinkle with fresh basil.

- 1 pound lean ground beef
  - 1/2 pound italian sausage, bulk ground (or use chicken Italian sausage)
  - 1/3 cup flat leaf parsley, finely chopped
  - 3 cloves garlic, finely chopped
  - 1/2 cup bread crumbs, Italian style, flavored
  - 1 large egg
  - 2 ounces Parmigiano-Reggiano cheese, freshly grated
  - 1 teaspoon salt
  - 1 teaspoon pepper, freshly ground
  - 1 small focaccia, cut into 6 rectangular shapes (halved)
  - 4 tablespoons olive oil
  - 8 slices mozzarella cheese slices, use fresh style
  - 1 1/4 cups marinara sauce, use a "good" brand
- Fresh basil for garnish
- Yield: 6 open-faced sandwiches**



*Per Serving (excluding unknown items): 509 Calories; 33g Fat (59.5% calories from fat); 34g Protein; 17g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 1207mg Sodium; 4g Total Sugars; trace Vitamin D; 251mg Calcium; 4mg Iron; 616mg Potassium; 398mg Phosphorus. Exchanges: 5 1/2 Grain(Starch).*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**