VEGAN MEATBALL SUB

INGREDIENTS

FOR THE VEGAN MEATBALLS:
1 $\frac{1}{2}$ lbs. Plant-Based Ground
1 vegan egg
1 cup Italian breadcrumbs
1 cup yellow onion, finely chopped
5 cloves garlic, minced
2 t vegan Worcestershire
$\frac{1}{2}$ t red pepper flakes
$\frac{1}{3}$ cup curly parsley, chopped
$\frac{1}{3}$ cup vegan parmesan, grated
(plus $\frac{1}{2}$ cup to top finished rolls)

FOR THE QUICK MARINARA:
$\frac{1}{4}$ cup extra-virgin olive oil
4 cloves garlic, minced
$\frac{1}{4}$ t red pepper flakes
3 T curly parsley, chopped
$\frac{1}{2}$ t dried oregano
$\frac{1}{2}$ t dried thyme
2 cups diced tomatoes
1 cup crushed tomatoes
salt & pepper to taste

Sandwich rolls of your choice,
crusty rolls work well.

TIME: 40 mins (Prep Time 20 mins / Cook Time 20 mins) **SERVES:** 4-5 **TYPE:** Vegan

INSTRUCTIONS

1 Preheat oven to 450° F

2 Make vegan egg per package directions, set aside. Place ground, vegan egg, breadcrumbs, yellow onion, garlic, Worcestershire, red pepper flakes, parsley, and $\frac{1}{3}$ cup of the vegan cheese into a large bowl and mix until combined.

3 Divide mixture into 12 to 15 meatballs of equal size. Place on nonstick baking sheet. Roast for 17-20 minutes.

4 While the meatballs are roasting, prepare the marinara:
Add oil and garlic to heated saucepan. When garlic starts to brown, add red pepper flakes, parsley, oregano, and thyme. Stir for one minute. Stir in tomatoes, season with salt and pepper. Bring to low boil, reduce heat and simmer for 15 minutes.

5 Bringing together the goodness: Add roasted meatballs to marinara, then place 3-4 meatballs into each roll. Top with vegan parmesan.

QUICK TIP Use a small ice cream scoop to easily keep your meatballs a consistent size

Before *the butcher*™