

2021 Greenup County High School Jr. Chef Recipe

The Rambling Chefs/Raceland-Worthington High School

Healthy Italian Meatball Sub Sandwiches

Servings: 6

Time: 1.25 hours

Ingredients

¼ cup milk
¼ cup plain bread crumbs
2 Tbsp. Olive Oil
½ small yellow onion, peeled & halved
¼ cup carrots, roughly chopped
¼ cup parsley leaves
¼ cup orange bell pepper
¼ cup red bell pepper
¼ cup yellow bell pepper
½ lb. USDA Ground Beef (85% lean)
½ lb. USDA Ground Pork Sausage (mild)
1 tsp. ground pepper
1 egg
5 cloves garlic, minced
½ tsp. ground black pepper
½ tsp. cumin
¼ tsp. red pepper flakes
½ tsp. dried Italian Herb seasoning
½ cup grated (reduced fat) Parmesan Cheese
¼ tsp. dried Thyme
¼ tsp. dried Oregano
½ tsp. black pepper
1 15-oz can diced tomatoes (No Salt Added Angela Mia brand) with Liquid
1 Tbsp. Green Olives (Reduce Sodium Mario), coarsely chopped
1 Cup Shredded Lite Mozzarella Cheese (USDA Low Fat, Low Sodium)
¼ cup Butter, melted
6 Whole Grain Sub Buns
Fresh Parsley, washed, for garnish

8 Mild Banana Pepper Rings
½ Small Red Onion, separated into rings

Directions

Meatballs:

1. Preheat oven to 375 degrees and line a rimmed baking sheet with foil. Spray with non-stick spray.
2. Soak bread crumbs in milk in a small bowl for 20 minutes.
3. Heat 1 Tbsp. olive oil in a skillet over medium heat. Cook & stir onions (using rubber spatula) in hot oil until translucent, about 20 minutes
4. Place carrots, parsley, ¼ of the yellow onion and bell peppers into a food processor; roughly chopped with chef's knife prior to processing. Grind well, stopping to scrape down the sides of bowl (rubber spatula) as needed.
5. Mix beef and pork together (gloved hands) in a large bowl. Stir onions, carrots, parsley, bell peppers, bread crumb mixture, eggs, garlic (2 cloves), salt, pepper, cumin, red pepper flakes, Italian herb seasoning, and ½ cup parmesan cheese with a rubber spatula until combined.
6. Portion into 2 Tbsp. meatballs and place on the prepared baking sheet.
7. Bake in preheated oven for 15-20 minutes, until browned and cooked through to 155 degrees.

Sauce:

1. In medium saucepan, heat the oil. Add 2 garlic cloves, ¼ of the yellow onion, the thyme and oregano. Cook and stir with rubber spatula, over moderate heat until softened, about 4 minutes.
2. Add the tomatoes. Cover and cook over moderate heat for 6 minutes, stirring occasionally with wooden spoon. Puree the sauce in blender until light and chunky. Return to the saucepan.
3. In a separate small saucepan, cover the olives with water and bring to a boil over high heat. Remove from heat; drain well in colander.
4. Add the olives, and pepper to the tomato sauce; simmer.

Meatball Sub:

1. Brush melted butter and fresh minced garlic on sub buns. Place on prepared baking sheet and place in pre-heated oven.
2. Use tongs to remove sub buns from oven and place on tray for assembly.
3. Spread 1 Tbsp. Sauce on bottom of bun. Place 4 meatballs on sub buns. Cover meatballs with $\frac{1}{4}$ cup sauce. Divide $\frac{3}{4}$ cup of the Mozzarella Cheese among the Subs. Top with 2 Banana Pepper Rings. Place top bun on sandwich.
4. Place on serving plates and garnish with fresh parsley, banana pepper rings, red onion and sprinkling of remaining mozzarella cheese. Pour $1\frac{1}{2}$ oz. of the sauce into 2 oz. portion cups and serve alongside the subs for dipping.

Greenup County 2021 Recipe
KY PROUD INGREDIENT Shopping List

Milk

Eggs

Parmesan Cheese

Small Yellow Onion

Small Red Onion

Carrots

1 Bunch Parsley

1 Orange Bell Pepper

1 Red Bell Pepper

1 Yellow Bell Pepper

1 Head of Garlic

Fresh Mint

Fresh Lavender

1 lb. USDA Ground Beef (85% lean)

1 lb. USDA Ground Pork Sausage (mild)