

moretimeatthetable.com

meatball subs serves 4

doubles, triples, quadruples, etc., easily

- 12 or more cooked meatballs, 2 oz ea (link on blog, if needed)
- 2 quarts marinara sauce (recipe below)
- 2 long, hard rolls (each person gets half)
- Kosher salt and freshly ground pepper
- 4 slices provolone

marinara sauce

- 2 Tablespoons olive oil or butter
- 1/4 tsp freshly ground black pepper
- 1/3 cup onion, minced
- 1 stalk celery, minced
- 1 tablespoon minced carrot
- 1 clove garlic, minced
- 28 oz can chopped Italian tomatoes (I like Cento)
- 1/2 teaspoon **each** dried basil and oregano
- 2 tablespoons fresh parsley, minced
- 1-inch piece Parmesan or a small Parmesan rind
- Pinch each of kosher salt and sugar
- Pinch of ground cayenne

In a two quart sauce pan, heat the oil or butter with the black pepper over medium heat and add the onion, celery, and carrot. Sauté, stirring often, until softened, about 5 minutes. Add garlic during last minute or so. Stir in tomatoes, basil, oregano, parsley and Parmesan and bring to a boil. Reduce heat to a simmer and let cook 15 minutes, stirring regularly. Taste and season with salt, sugar, and cayenne.

Add 12 fully-cooked meatballs and heat through 10 minutes or so, stirring gently.

Continued...

making the subs————

Turn oven on to broil. Slit open four hard rolls and place on rimmed baking sheet. Slide baking sheet under broiler about 4" from heat, and broil until lightly toasted. Remove baking sheet from oven and spoon a bit of the marinara on both sides of each roll. Add meatballs to the right side of each roll, sprinkle with a bit of salt and pepper, and top with cheese. Slide baking sheet back under broiler for about 2 minutes, or until cheese is bubbly and golden. Let cool a minute and cut subs in 1/2. Serve with salad.

sub salad

8 cups mixed greens
8 very thin slices red onion
1/2 clove garlic, smashed and minced very finely
1/2 large red bell pepper, cut into strips
1/2 large yellow or orange pepper, cut into strips
8 baby carrots, sliced thinly
1/2 cup pitted, chopped kalamata olives
2 tablespoons finely minced genoa salami or sopressata (dry Italian sausage), optional
Kosher salt and fresh ground black pepper
1/2 fresh lemon
1-2 tablespoons good quality red-wine vinegar
2-4 tablespoons extra virgin olive oil
4 tablespoons freshly grated Parmesan cheese

In a large, deep bowl, mix greens, vegetables, olives, and hard salami, if using. Squeeze half lemon over the greens and dust with a pinch of salt and pepper. Toss well. Shake 1 tablespoon of the red wine vinegar over all and toss. Drizzle with 2 tablespoons of the olive oil and toss well.

Taste and adjust seasonings. More salt? Add a bit and try again. Too oily? Add a bit more vinegar and taste. Etc.) Top with the Parmesan cheese and toss again before serving.

Copyright Alyce Morgan, 2012 All rights reserved