



VEGETARIAN MEATBALL SUB

These vegetarian meatball subs take all the comfort of the classic and rebuild it. Black beans, quinoa, garlic, and herbs pulse into a hearty mix that bakes up tender but still holds its shape. They get tossed in warm marinara, piled into fresh-baked sub rolls, and finished with mozzarella and a hit of Italian seasoning. It's classic red-sauce comfort reworked into a plant-forward sandwich that still feels satisfying and familiar.

Yield: 8 Subs



INGREDIENTS

2 Unit	Eggs
2 Can	Black Beans, drained and rinsed
1 C	Cooked Quinoa
1 C	Breadcrumbs
1 tbsp.	minced garlic
2 tsp.	Dried oregano
2 tsp.	Dried basil
1/2 tsp.	Salt
1/4 tsp.	Black Ground Pepper
1 C	Shredded Mozzarella Cheese
2 C	Marinara Sauce
2 tbsp.	Italian seasoning

RICH'S NO PROOF 51% WHOLE GRAIN MINI
SUBMARINE DOUGH (#22260)

DIRECTIONS

- 1
- Place sub rolls in a refrigerator for 18 to 24 hours.
- 2
- When ready, remove from refrigerator and bake sub rolls for 10 to 14 minutes at 375°F.
- 3
- Begin making the meatballs by adding black beans, quinoa, eggs, garlic, oregano, basil, salt, and black ground pepper to a food processor.

CHEF NOTES

1 sub equals 2.0 oz grain eq. and 2 MMA per the USDA standards for child nutrition.

- 4
- One everything is thoroughly combined, add to a large bowl and mix in breadcrumbs.
- 5
- Line a sheet pan with parchment paper. With a 1 oz disher, scoop mixture into balls and place on parchment lined pan.
- 6
- Bake meatballs on 375°F for 8 to 10 minutes, or until it reaches a internal temperature of 165°F.
- 7
- Warm marinara sauce in a saucepan or in the microwave until hot all the way through, stirring occasionally to avoid scalding.
- 8
- Once the sauce is warm and the meatballs are cooked, add both to a bowl and lightly mix, ensuring all meatballs are coated with sauce.
- 9
- Add four meatballs to a sub roll and cover with mozzarella cheese and a dash of Italian seasoning. Serve.