

# Meatball Subs



## INGREDIENTS

- Store-bought frozen meatballs
- Hoagie rolls or hot dog buns
- Marinara sauce
- Mozzarella cheese
- Grated parmesan cheese
- Extra virgin olive oil
- Garlic powder, dried basil, dried oregano, salt, pepper, and optional red pepper flakes for heat
- Broccoli florets

## DIRECTIONS

1. Preheat the oven to 400.
2. Bake meatballs on a sheet pan according to package instructions.
3. Toss broccoli florets with olive oil, salt and pepper. Place on a sheet pan covered with foil or parchment paper and bake for 15 to 22 minutes, until browned and crisp.
4. Split open the rolls/buns and lay facing up on a sheet pan. Drizzle with oil and sprinkle with garlic powder, basil, oregano, salt, and pepper.
5. Crisp up in the oven for about 5 minutes.
6. Top each roll with 1 T. marinara, 4 meatballs, a sprinkle of parmesan cheese, and another 1 T. marinara, then top with 1/4 cup cheese.
7. Place back in the oven for 3-5 minutes until the cheese is melted and bubbly.

## WHY THIS WORKS WITH KIDS

A hand-held meal is so much fun! Kids can help top each roll with sauce, meatballs, and cheese.