



Total Time
70 MIN.

Serving & Size
1 EACH (2 MEATBALLS, 1 ROLL, 1/3 CUP SAUCE)

Difficulty
MEDIUM

Yields
24

A new twist on a classic sub with a veggie serving with our V8 Juice. Impress your family and friends with homemade meatball sandwiches. Your choice of beef or turkey meatballs perfectly paired with rich tomato sauce. Add cheese to taste.

Nutrition Facts

Serving Size	1 EACH (2 MEATBALLS, 1 ROLL, 1/3 CUP SAUCE)	
Amount Per Serving		
Calories	425	
		% Daily Value
Total Fat	11.2g	17%
Saturated Fat	4.4g	22%
Cholesterol	95mg	32%
Sodium	1406mg	59%
Total Carbohydrate	46.2g	15%
Dietary Fiber	2.8g	11%
Protein	34.1g	68%
Vitamin A	19%	Vitamin C 37%
Calcium	23%	Iron 19%





TIP

Can substitute with ground beef.

INGREDIENTS

WEIGHT

MEASURE

Italian bread, cubed	13 oz.	2 qt.
 V8® 100% Vegetable Juice		2 cups
olive oil		2 tbsp.
Spanish onion, minced	12 oz.	2 cups
garlic, peeled, chopped		1 tsp.
egg	8 oz.	
99% fat free ground turkey	4 lb.	
kosher salt		2 tbsp.
black pepper, cracked		2 tsp.
Spanish onion, minced	12 oz.	2 cups
 V8® 100% Vegetable Juice		2 qt.
tomato paste		2 tbsp.
dried oregano leaves		2 tsp.
fresh parsley, chopped		1/2 cups
Italian hoagie roll	48 oz.	24 ea.
part skim mozzarella cheese, shredded	2 lb.	1 1/2 qt.



INSTRUCTIONS

1. In a large bowl combine bread cubes and V-8 juice and toss to coat. Let bread soak 20-30 minutes.
2. Heat oil in a saucepan. Add onions and sauté 3-4 minutes. Add garlic and continue sauté 1 minute, remove from heat and add to bread mixture. Stir well to create mush.
3. Add eggs, turkey, salt and pepper. Mix well. Shape meat mixture into meatballs ¼ cup each and place on a parchment lined sheet pan.
4. Bake meatballs in a pre-heated 400°F conventional oven and 375°F convection oven for 22-25 minutes.
5. Heat oil and sauté onions 5-6 minutes. Add V-8 juice, tomato paste, oregano and bring to a boil. Reduce heat and simmer sauce 8-10 minutes. Add meatballs and parsley and mix well. Simmer mixture 5-8 minutes. Remove from heat.
6. Split roll in half. Top the bottom half with 2 meatballs and 1/3 cup sauce and sprinkle with ¼ cup mozzarella. Serve immediately.