

Betty's Mama Mia! Spicy Meatball Submarine Sandwich Recipe



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In this video, Betty demonstrates how to make a super easy, super delicious Meatball Submarine Sandwich. It's GREAT!

Ingredients:

1 pound lean ground beef
1/2 pound ground pork sausage
1 tablespoon extra virgin olive oil
1 medium clove garlic, minced
1/3 cup chopped green bell pepper
28 oz. jar Italian sauce (I used Prego--mushroom flavor.)
8 slices provolone or Swiss cheese
about 4 submarine sandwich buns
2 tablespoons butter for spreading the buns for browning in skillet

Using a small skillet, saute 1 clove of minced garlic and 1/3 cup chopped green pepper in 1 table-
spoon olive oil. While those vegetables are softening, prepare your submarine buns. Split them
horizontally, spread them with softened butter, and brown them, butter side down, in a large
skillet. Now, prepare your meatballs. Combine the ground beef with the ground pork sausage
(with your hands). Form into meatballs about 1-inch in diameter. (You may use an ice cream
scoop to help you get all of the meatballs the same size.) When the meatballs are all formed,
place them in a skillet over medium heat, and cook them for about 10 to 12 minutes, until fully
cooked and browned. Drain off any excess grease. Now, combine the sauted green pepper and
garlic, along with a 28 oz. jar of Italian sauce into the skillet of cooked meatballs. Place the mix-
ture back over medium heat, and cook for 12 to 15 minutes, stirring occasionally, making sure
meatballs are completely done. Spoon meatball mixture over the bottom half of a toasted bun. A
bun will use about 4 meatballs. Put some extra sauce over the top. Place 2 slices of cheese on
top of the meatballs and sauce. Cover with the top of the bun. You may serve them at this point,
or wrap them in aluminum foil and place them in a 400-degree oven for 10 minutes. This will melt
the cheese, heat the bun, and blend the flavors (my preference!). Remove from aluminum foil and
place on a serving plate. Serve while piping hot! Excellent!!!