

# Meatball Sandwich

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-crusty-italian-bread-recipe>

## Ingredients:

- 2 onions medium, peeled and minced
- olive oil
- 2 cloves garlic peeled and minced
- 4 cups diced tomatoes or canned crushed, along with their juice
- 1 tablespoon tomato paste
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon crushed red pepper flakes
- 1 bay leaf
- 1/2 teaspoon sugar
- 1 large onion peeled and minced
- olive oil
- 2 cloves garlic peeled and minced
- 1 pound ground beef not too lean
- 1 pound ground pork
- 3 large eggs
- 1/2 cup grated Parmesan or Asiago, or Pecorino cheese
- 1/2 cup chopped flat leaf parsley
- 2 tablespoons chopped fresh herbs
- 2 teaspoons salt plus more for onions
- freshly ground black pepper to taste, plus more for onions
- 1 1/2 teaspoons whole fennel seeds
- 2 cups breadcrumbs
- 3/4 cup milk
- mozzarella or provolone cheese
- crusty Italian bread or French bread

## Nutrition:

1. Calories: 1010 calories

2. Carbohydrate: 52 grams
3. Cholesterol: 335 milligrams
4. Fat: 61 grams
5. Fiber: 6 grams
6. Protein: 61 grams
7. SaturatedFat: 22 grams
8. Sodium: 2900 milligrams
9. Sugar: 17 grams
10. TransFat: 1 grams

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