



# The Micheff Sisters

Super Subs (8/9/17 TDYC16077)

## Italian Meatball Sub

### Meatballs:

1 medium onion, sautéed  
¼ c unsweetened original flavored almond milk  
1 – 16oz. pkg. water-packed firm tofu  
1 T Braggs Liquid Aminos  
3 t VegeSal or your favorite all-purpose seasoning  
3 c quick oats  
2 c pecans, finely chopped  
3 c stuffing mix - or seasoned bread crumbs  
2-½ c vegan ground burger

### For Sandwich:

Sub Buns  
Marinara Sauce  
Fresh Basil – finely shredded  
Olive oil

### Directions:

Put the first 5 ingredients into a blender and blend until very smooth. Set aside. In a large mixing bowl, put in the remaining 4 ingredients and stir to mix well. Pour the blended mixture over the dry ingredients and stir until well combined and all the dry ingredients are incorporated. Using a 1-½ inch size scoop (or 1 Tablespoon) shape into balls onto a baking sheet that has been sprayed with a non-stick baking spray. Spray the tops of the meatballs with the non-stick baking spray and bake at 375 degrees for 25 – 30 min. or until lightly browned. Remove from oven and cool.

In a medium saucepan put the Marinara sauce and the amount of meatballs you need. Heat over medium-low heat until hot. Brush the inside of the sub buns with some olive oil and place in a hot skillet until lightly browned. Remove the bread and place on a plate. Spoon some of the meatballs and sauce onto the bread and then sprinkle with some of the finely shredded basil. Put on the top piece of bread and serve warm.

Yield – 90 meatballs

Cinda S. Sanner

