

Homemade Meatball Subs

Delicious treat for get togethers and movie nights

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INGREDIENTS

(makes 4-6 portions)

- 2 medium slices of bread soaked in milk or water
- 1 egg
- 1 tsp salt
- 1 tsp dry onion powder
- 1 tsp dry garlic powder
- freshly ground black pepper to taste
- small bunch of fresh parsley
- 400g (about 1 pound/about 2 ½ cup) ground turkey meat (or any other ground meat)



For Tomato Sauce

- 1 medium red/white onion
- 2 garlic cloves
- olive oil
- 1 tsp salt
- 1 tsp smoked paprika, heaped
- 1 tsp dry garlic powder
- 1 tsp dry oregano, heaped
- 2tsp sugar (optional)
- 1 can (400g) plum tomatoes
- ½ can cold water
- parmesan cheese and fresh basil for serving
- 4-6 soft brioche buns

DIRECTIONS

1. Start by soaking the bread slices in milk until they have completely softened. Then mash the bread with the milk to get a porridge like consistency. If you have added too much liquid you can strain it before starting to mash the bread. In a medium bowl combine the softened bread with the egg, the seasoning, the fresh parsley and the meat. Mix with your hands until well combined.
2. Make the meatballs the size that will fit the buns you are using for serving. I used a tablespoon to portion mine. Bake the meatballs in the oven in 200°C (392°F) bottom top heat at the middle shelf of the oven for 30 minutes.

3. To make the tomato sauce finely dice the onion and the garlic. Heat a big pan over medium heat and once warm cover the bottom well with some olive oil. Add the onion and the garlic and cook for about 5-10 minutes until lightly browned. Add the seasoning and mix shortly. Add the canned tomatoes and the water, smash the tomatoes a little and continue cooking over medium to medium low heat keeping it on a low simmer. Reduce the sauce to the thickness that you like. Once ready set aside until the meatballs have cooked.
4. Once meatballs have cooked, bring the sauce back to heat for a low simmer and add the meatballs to the sauce. Mix well and allow to simmer for 5-10 minutes.
5. Assemble the meatball subs to your liking. Serving suggestion above in the photo.