

# Cheesy Meatball Subs

*Recipe makes 6 meals*

## Ingredients

1 lbs 93/7 Ground Turkey  
6 Sub Rolls  
24 oz Jar Pasta Sauce  
6 Thin Slices of Provolone Cheese  
¼ C Shredded Parmesan Cheese  
¼ C Bread Crumbs  
½ Bell Pepper, finely diced  
¼ Onion, finely diced  
1 Whole Egg  
2 Tbsp Worcestershire Sauce  
1 Tbsp Garlic Powder  
1 tsp Italian Seasoning  
Salt and Pepper to taste  
Non-Stick Cooking Spray



## Nutrition Profile

*- per meal -*

Calories - 428

Fat - 13g

Carbohydrates - 50g

Protein - 28g

**Estimated Cost  
Per Meal**

**\$2.80**

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# Instructions

1. Start by adding your ground turkey to a large mixing bowl.
2. Crack in your egg, and add in your bread crumbs, garlic powder, Italian seasoning, Worcestershire sauce, shredded parmesan cheese, diced onion, and diced bell pepper. Add a little salt and pepper.
3. Mix this up with your hands really good to incorporate the ingredients evenly.
4. Start forming into 18 small meatballs. These should be around 1.5 oz each.
5. Heat a large skillet over medium-high heat, spray with non-stick cooking spray and line your meatballs around the skillet.
6. Cook these for about 5 minutes, rotating every 60 seconds. This is just to give them a sear on the outside.
7. After the meatballs are browned on the outside, pour over your pasta sauce, cover, and cook for 20-40 minutes or until the internal temperature reaches 165°F.
8. When meatballs are fully cooked, remove from heat and store appropriately.
9. If you are using these for subs, just take 3 meatballs out the day of and pack it with your slice of cheese and a sub roll.
10. Enjoy!



## Notes

- These macros and calories include the sub roll that I used. You can also use this recipe and add it into your favorite pasta. Just be sure to always add up your own calories and macros..
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.