

Vegan Meatball Sub (with Frozen Meatballs)

SERVINGS
4-6

PREP TIME
5 MIN

COOK TIME
30 MIN

TOTAL TIME
35 MIN

Zesty sauce meets plump meatballs over a garlicky crunchy bread with cheesy finish. This vegan toasted sub is made easy with frozen meatballs and your favorite jarred sauce.

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Ingredients

Directions

1

- 1 Package Favorite Vegan Meatballs

PREPARE v-MEATBALLS

- Cook meatballs according to package instructions. Our preferred method is to cook in oven or air fryer to achieve a firmer texture.

2

- 1 Jar Favorite Pasta Sauce

PREPARE SAUCE

- Heat sauce in saucepan on stove (or in microwave).
- When meatballs are done, add to sauce and simmer for a few minutes to incorporate flavors.

3

- 1 Package Brat & Sausage Buns (or similar)
- Spread of v-butter
- Sprinkle Garlic Powder
- Sprinkle Salt

PREPARE BUN

- Spread v-butter on each side of bun.
- Sprinkle garlic powder and salt on each.
- Toast bun in air fryer for 4 min or in oven/broiler until golden brown.

4

- Favorite Vegan Cheese (Mozzerella, Parmesean, or simple Nutritional Yeast)

ASSEMBLE SANDWICH

- Spread sauce onto bun and add meatballs.
- Sprinkle sub with v-cheese.
- Serve as is or slightly heat sandwich to melt cheese, if desired (by microwave, oven, or air fryer).