

Bacon Cheeseburger Meatball Subs

Cyndy Gerken - Naples, FL
Taste of Home Recipe Book 2015

Servings: 8

2 eggs, lightly beaten
1 tablespoon
Worcestershire sauce
2 medium onions, finely
chopped
2/3 cup seasoned bread
crumbs
1/3 cup grated Parmesan
cheese
3 tablespoons fresh parsley
(OR 1 tablespoon dried
parsley flakes), minced
8 cloves garlic, minced
2 tablespoons fresh basil
(OR 2 teaspoons dried
basil), minced
1 tablespoon fresh oregano
(OR 1 teaspoon dried
oregano), minced
1/8 teaspoon Kosher salt
1/8 teaspoon pepper
1/8 teaspoon crushed red
pepper flakes
3/4 pound ground beef
2/3 pound ground veal
1/3 pound ground pork
24 cubes (1/2-inch each)
Cheddar cheese
8 cooked bacon strips, cut
into thirds
8 lettuce leaves
8 submarine buns, split and
toasted
1 cup barbecue sauce,
warmed

Preparation Time: 40 minutes

Bake Time: 20 minutes

Preheat the oven to 400 degrees.

In a large bowl, combine the eggs, Worcestershire sauce, onions, bread crumbs, Parmesan cheese, parsley, garlic, basil, oregano, Kosher salt, pepper and red pepper flakes. Crumble the meats over the mixture. Mix well. Divide into twenty-four portions.

Wrap each cheese cube with a cut bacon strip. Shape one portion of meat mixture around each bacon-wrapped cheese cube. Place the meatballs on a greased rack in a shallow baking pan.

Bake, uncovered, for 20 to 25 minutes or until a thermometer reads 160 degrees. Drain on paper towels.

Serve on lettuce-lined buns with barbecue sauce.

Per Serving (excluding unknown items): 1715 Calories; 134g Fat (70.3% calories from fat); 108g Protein; 19g Carbohydrate; 1g Dietary Fiber; 493mg Cholesterol; 2826mg Sodium. Exchanges: 1/2 Grain(Starch); 15 Lean Meat; 1/2 Vegetable; 17 1/2 Fat; 1/2 Other Carbohydrates.

