



“Meatballs” and “Spaghetti” Sandwich

Plant based meat, fresh tomatoes, and zucchini are the stars in this recipe

Vegetable Meatballs

- 1 pkg. (16 oz.) plant based ground meat substitute
- 1/2 onion finely diced
- 1 clove garlic, minced
- 2 Tablespoon olive oil
- 1/4 cup finely chopped parsley
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon (each) salt; ground black pepper
- 1 to 2 Tablespoons olive oil for frying

Fresh Tomato Sauce:

- 1 Tablespoon olive oil
- 1/2 onion, finely sliced

2 garlic cloves, minced
 2 Tablespoons tomato paste
 2 large fresh tomatoes, grated
 1/2 teaspoon granulated sugar
 1 teaspoon sweet paprika
 1/8 teaspoon ground red pepper
 1/2 teaspoon salt
 1/4 teaspoon ground black pepper
 1/2 cup water

Sandwich Ingredients

3 medium fresh zucchinis, spiralized into spaghetti strands, (about 4 cups)
 Drain liquid from zucchini; pat dry with paper towels.
 2 (5 to 6 inch) torpedo buns, split
 Olive oil spray
 Garnish: grated parmesan cheese if desired

Form “Meatballs” Put plant based “meat” in bowl; add chopped onion, garlic, olive oil, parsley, cumin, turmeric, salt, and black pepper. Mix lightly to combine mixture; form 16 balls (1 oz. golf ball size). Place in refrigerator for about 30 minutes to firm and chill.

Prepare Tomato Sauce: Using another skillet, Add 1 Tablespoon extra oil. Fry sliced onions until lightly brown; add garlic; cook 1 minute. Stir in tomato paste; mix into onions. Add grated tomatoes, sugar, paprika and ground red pepper; cook for a few minutes. Add salt and pepper to taste. To thin the sauce, add about 1/2 cup water; bring to a boil; set aside.

Brown “Meatballs” Place 2 Tablespoon oil in skillet. Over medium high heat, brown half of the “meatballs” searing the outsides of “meatballs” all around; do not fully cook. Add the browned meatballs to the warm tomato sauce; cook the remaining “meatballs using the same procedure. Simmer “meatballs” in tomato sauce about 5 minutes.

Prepare Zucchini “Spaghetti” Place well-drained zucchini “spaghetti” in skillet pan drippings; cook over medium heat, tossing to coat with drippings, until warm and dry. Set aside.

Brown Buns: Meanwhile, line large baking pan with foil; arrange bun halves, inside up on pan; spray lightly with olive oil. Broil for about 2 to 3 minutes or until golden brown. Remove from oven.

To Serve: Spoon zucchini “spaghetti” over the bottom half of each bun; arrange 3 to 4 “meatballs” over the zucchini; spooning some sauce over the “meatballs”; if desired, lightly sprinkle a small amount of grated Parmesan or vegan cheese over the “meatballs: Place the toasted bun tops over the sandwiches. Yield: 2 sandwiches

Cook’s Note: There will be about 8 to 10 “meatballs” left with tomato sauce to make additional sandwiches or save for another meal. Special thanks to Chef Shimi Aaron for sharing his vegan meatball recipe with us.

About the Recipe: A heaping plate of spaghetti and meatballs was a comfort dinner to most Americans at some time during their life. It is a memory making dish, creating a warm feeling of belonging. This recipe brings back those special dinners and adds a healthy touch of vegetables. It is so delicious that we are sure it will become one of your favorites too.