

# Meat Ball Sub Sandwich

## Ingredients

- 12 oz lean ground beef
- 1/4 cup canned pinto beans, low sodium
- 1/4 cup canned diced tomatoes, no salt added
- 2-1/2 tbsp onions, chopped
- 1 tbsp green bell peppers, chopped
- 2 oz shredded mozzarella cheese, low fat
- 1/4 cup seasoned bread crumbs
- 1/8 tsp pepper
- 1/8 tsp oregano
- 4 whole grain hoagie buns

## Notes

**Number of Portions:** 4

**Serving Size:** 1 sandwich

**Nutrition Facts:** 397 calories, 21.48 g fat, 8.72 g saturated fat, 528 mg sodium, 27.9 g carbohydrate, 3.47 g fiber, 3.2 g sugar, 22.74 g protein

## Directions

1. Combine beef, beans, diced tomatoes, onions, peppers, cheese, bread crumbs, pepper, and oregano into a large mixing bowl and stir until all ingredients are fully incorporated.
2. Form meat balls using 2-1/2 tbsp of beef mixture for each. Place onto a baking sheet lined with parchment paper. Bake at 350° F for 20 minutes or until internal temperature reaches 165° F.
3. To serve, place 4 meat balls onto each hoagie bun.

