

Vegetarian “Meat” Ball Sub

T-011-00

Meatless Entree

G4G Color Code

Yellow

Sodium Code

High

Time

1 hr.

Yield

25 Portions

Each Portion

1 Sandwich

Pan Size and Number

12 x 20 x 2-½-Inch Steam Table Pans
(2), 18 x 26-Inch Sheet Pan (2)

Nutrition Facts

Calories 594

Carbohydrates 63 g

Sugars* 14 g

Protein 47 g

Fat 17 g

Saturated Fat 7.3 g

Cholesterol 29 mg

Sodium 993 mg

Calcium 682 mg

Fiber 14 g

Ingredients

Item	Measure	Weight	Approx issue
TEXTURED VEGETABLE PROTEIN, CRUMBLES	2 qt	2 lb 8 oz	
WATER, BOILING	1 qt	2 lb	
WHEAT, BULGUR, DRY	1-½ cups	8 oz	
WATER, BOILING	2 cups	1 lb	
CHEESE, PARMESAN, GRATED	2 cups	8 oz	
PINE NUTS (PIGNOLIAS)	1 cup	1-½ oz	
PARSLEY, FRESH, MINCED	¼ cup + 1 tbsp	1-½ oz	1-¾ oz
GARLIC, FRESH, MINCED	1 tbsp + 2 tsp	0.58 oz	¾ oz
BASIL, DRIED, CRUSHED	⅓ cup	0.52 oz	
OREGANO, DRY, GROUND	3 tbsp	0.48 oz	
RED PEPPER FLAKES	1 tbsp	0.20 oz	
PEPPER, BLACK, GROUND	2 tsp	0.16 oz	
EGG, LIQUID, SUBSTITUTE	3 cups	1 lb 10 oz	
SAUCE, MARINARA, RTU	2 qt	4 lb 9 oz	
ROLLS, SUBMARINE		3 lb 15 oz	25 - 2-½ oz each
CHEESE MOZARELLA, PART SKIM, SHREDDED	1 qt	1 lb	
CHEESE, PARMESAN, GRATED	2 cups	8-½ oz	
COOKING SPRAY, NONSTICK		1-⅓ oz	

Directions

CP: Thaw eggs under refrigeration at 41°F (5°C)

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food
2. Combine the textured vegetable protein (TVP) and 1 qt boiling water in a large mixing bowl; cover and allow to hydrate for 30 minutes, stirring occasionally.
3. Combine bulgur and 2 cups boiling water together in a mixing bowl; cover and allow to hydrate for 15 minutes.
4. In a mixer bowl combine the hydrated TVP, bulgur, parmesan cheese, pine nuts, parsley, garlic, basil, oregano, red pepper flakes and black pepper. Mix on low speed for 2 to 3 minutes until well mixed.
5. Add eggs to mixture; mix on low speed for 2 minutes, scraping down sides and bottom of bowl as necessary, until well blended.
6. Using a No. 20 scoop, portion 50 (1-½ oz) meatballs on each (18 x 26-inch) lightly sprayed sheet pan. Firmly press the mixture in the scoop to ensure the meatballs hold together.
7. Using a convection oven, bake at 325 °F (163°C) on high fan, closed vent for 15 minutes or until golden brown CCP: Internal temperature must reach 165°F (74°C) for 15 seconds.
8. Bring the marinara sauce to a boil in a covered steam-jacketed kettle or stockpot, stirring periodically. Transfer 2 lb 4-½ oz (1 qt) of sauce to each (12 x 20 x 2-½ -inch) steam table pan. Place 50 of the hot meatballs into each of the two (12 x 20 x 2-½-inch) steam table pans. Cover. CP: Hold meatballs hot at 135°F (57°C).
9. EACH PORTION: Place 4 meatballs in sauce in each sub roll. Sprinkle each meatball sub with ⅔ oz (2 tbsp) shredded mozzarella and ⅓ oz (1 tbsp) grated parmesan cheeses. Serve immediately or CP: Hold for hot service at 135°F (57°C).

Recipe Notes

1. If melted cheese is desired, place assembled subs on a sheet pan. Using a convection oven, bake at 325°F (163°C) on high fan, closed vent for 2 to 3 minutes or until the cheese is melted.
2. In Step 11, hold the meatballs hot separately from the rolls and assemble subs to order if possible.
3. Toasting the sub rolls before adding the meatballs is optional.
4. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar together.