



## Paleo Meatball Subs

**Active Time:** 40 minutes | **Total Time:** 1.5 hours | **Serves:** 6

### Nutrition Information Per Serving

627.9 calories, 22.97 g carbohydrate, 11.07 g fiber, 11.9 g NET carbs, 38.18 g protein, 42.14 g fat

#### Ingredients

- 1 package Wellness Bakeries Better Bread Mix
- 3 cup(s) Thrive Market Organic Marinara Tomato Sauce
- 6 tsp(s) Simply Organic Italian Seasoning
- 2/3 cup(s) boiling filtered water
- 2 Tbsp(s) organic apple cider vinegar
- 8 large(s) egg whites
- 1 1/2 pound(s) grass-fed ground beef
- 1/2 cup(s) blanched almond flour
- 1 large egg
- 1 1/2 tsp(s) sea salt
- 2 Tbsp(s) coconut oil
- 3 ounce(s) organic mozzarella cheese (for topping)

#### Preparation

1. Preheat oven to 350 degrees F. Grease a baking sheet.
2. Follow the instructions for Better Bread Mix. Separate dough into 6 pieces. Shape each piece into a submarine-shaped log and place on greased baking sheet (NOTE: Dough will triple in height. Create slightly-flattened 5 inch long sub rolls with 2 inch width and 1 inch height for best result). Score the top of the dough on the bias – this will help the rolls keep their shape when they rise.
3. Bake for 45-50 minutes – sub rolls should be very firm.
4. Meanwhile, make the meatballs. In a large mixing bowl, combine ground beef with almond flour, egg, salt and herbs. Mix just until incorporated, shape into golf ball sized balls.
5. Heat a large safe nonstick frying pan over medium high heat. Add the tallow or coconut oil. Cook the meatballs in batches to brown on all sides, taking care to not to crowd the pan. Transfer meatballs into sauce. Simmer over low for at least 12; hour.
6. Slice sub rolls lengthwise and fill with grass-fed meatballs. Top with cheese and serve.

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