

# Classic Italian Meatball Subs

## Classic Italian Meatball Subs

There are certain sandwiches that feel like home, and a good meatball sub is one of them. For us, this one goes all the way back to our very first eatery—a true hole-in-the-wall submarine shop where the subs were big, the sauce simmered all day, and nothing was fancy except the flavor.

Those meatball subs were messy, comforting, and unforgettable. They were built with tender meatballs, rich tomato sauce, crusty rolls, and just enough melted cheese to make you lean over the counter when you took that first bite. This recipe is inspired by those early days, when good food and loyal customers were all that mattered.

## Things to know about Classic Italian Meatball Subs

- **The meatballs are baked first at 375°F for 10–15 minutes** to develop a light crust before simmering in sauce. This keeps them tender and flavorful.
- **This recipe is all about assembly.** The flavor comes from using well-made meatballs and a slow-simmered sauce.
- **Toast the rolls lightly.** Just enough to create a barrier so the bread doesn't soak through.
- **Don't overload.** A few well-sauced meatballs beat an overstuffed, falling-apart sub.
- **Broiler watch.** Cheese melts fast—stay close.

## • Storage & Make-Ahead Tips

- **Meatballs & Sauce:** Store together in an airtight

- container in the refrigerator for up to 4 days.
- **Freezing:** Meatballs in sauce freeze beautifully for up to 3 months.
  - **Reheating:** Warm gently on the stovetop or microwave before assembling subs.
  - **Assembled Subs:** Best eaten fresh; store components separately if prepping ahead.

## • **Serving Ideas**

- Pair with a simple green salad
  - Serve with crispy fries or roasted potatoes
  - Cut into smaller portions for game day or parties
- 

## **Final Thoughts**

A great meatball sub isn't fancy—it's familiar, comforting, and full of love. Whether you're feeding a crowd or just craving something cozy, this is one of those recipes that never lets you down.

If you make these meatball subs, let me know how you do your meatballs—fried, baked, or straight into the sauce. I love hearing everyone's version.

Talk more about your recipe here. Make sure you're not repeating anything you said in the first section.

**DO NOT PUT IMAGES IN THIS TEXT BLOCK!**





## Ingredients

- Instead of repeating recipes you may already know and love, this meatball sub uses our **original house meatballs and classic tomato sauce**—the same ones we served back in our first submarine shop.
  - **Classic Italian Meatballs** (link to recipe)
  - **Homemade tomato Sauce** (link to recipe)

Both recipes can be made ahead and actually taste even better the next day, which is exactly how we did it in the shop.

---

# How to Make Meatball Subs

## 1. Make the Meatballs

In a large bowl, combine breadcrumbs and milk and let it soak for a minute. Add eggs, garlic, parsley, grated cheese, salt, and pepper. Gently mix in the ground meats until just combined—don't overwork it. Roll into evenly sized meatballs.

## 2. Brown the Meatballs

preheat the oven to 375-degrees, bake the meatballs 10-15 minutes. You're not cooking them through—just building flavor. set aside while making the sauce.

## 3. Simmer the Sauce

In the same pan, add olive oil and garlic. Once fragrant, stir in tomato paste, then crushed tomatoes, salt, pepper, and herbs. Nestle the meatballs into the sauce and simmer gently until the meatballs are cooked through and tender. (30- 45 minutes)

## 4. Build the Subs

Split the rolls and lightly toast if desired. Add meatballs and plenty of sauce, top with sliced cheese, and place under the broiler just until melted and bubbly.

## 5. Serve

Finish with grated cheese and fresh herbs. Serve hot—napkins required

---

# Smashed Italian Sausage & Pepper Sandwiches

## Smashed Italian Sausage & Pepper Sandwiches

**Smashed Italian Sausage & Pepper Sandwiches** are more than just a recipe for us—they're a taste of where it all began. At our very first hole-in-the-wall sandwich shop, these sandwiches quickly became our signature. We started smashing the sausage patties flat on the griddle as a way to speed up cooking during busy rushes, but the crispy edges and bold flavor turned them into an instant hit. Served on crusty rolls with sweet peppers and onions, they were simple, hearty, and unforgettable. Sausage and peppers have always been an Italian-American classic, but our smashed version gave it a new twist that customers loved—and it's still one of our favorites today.

## What to know about these Smashed Italian Sausage & Pepper Sandwiches

- **A Shop Original:** These sandwiches started at our very first hole-in-the-wall shop, where smashing the sausage helped speed up cooking and became an instant crowd favorite.
- **Crispy Edges, Juicy Inside:** Smashing the sausage flat gives you those caramelized, crispy edges while keeping

the inside tender and flavorful.

- **Classic Italian-American Roots:** Sausage and peppers are a staple at Italian feasts, family cookouts, and street fairs—this version just adds a bold twist.
- **Make It Your Own:** Try adding provolone or mozzarella, a spoonful of marinara, or even spicy peppers for extra heat.
- **Perfect for Any Occasion:** Great for a weeknight dinner, game-day sandwich, or backyard cookout—these feed a crowd and taste even better with a cold drink in hand.
- Take a trip back to our first hole-in-the-wall shop with every bite! If you loved these smashed Italian sausage sandwiches, don't miss our
- Italian pesto chicken sandwich or one of my personal favorites grilled Italian vegetable panini

## Ingredients

### Smashed Italian Sausage Sandwiches with Peppers & Onions

**Servings:** 4 sandwiches

**Cook Time:** 25 minutes

#### Ingredients

- 1 lb. Italian sausage links (about 4 links, casings removed)
- 2 bell peppers (red, yellow, or green), sliced
- 1 large onion, sliced
- 1 Tbsp. minced garlic
- 2 Tbsp. olive oil

- $\frac{1}{2}$  tsp. salt (plus more to taste)
- $\frac{1}{2}$  tsp. black pepper
- 4 crusty sandwich rolls (hoagie, ciabatta, or Italian bread)

**Optional Add-ons:** 4 slices provolone or mozzarella, sliced spicy peppers, fresh basil leaves

## Instructions

### 1. Prepare the Sausage

- Remove sausage from the casings.
- Divide into 4 portions, shape loosely into patties, and smash them flat with the back of a spatula or small pan.

### 2. Cook the Sausage

- Heat a skillet or griddle over medium-high heat.
- Cook the smashed sausage patties until browned and crisp on both sides, about 3–4 minutes per side.
- Transfer to a plate and keep warm.

### 3. Cook the Peppers & Onions

- In the same pan, add the olive oil.
- Toss in sliced peppers and onion. garlic Season with salt and pepper.
- Cook until softened and lightly caramelized, about 8–10 minutes.

#### 4. Assemble the Sandwich

- Slice the rolls and lightly toast if desired.
- Layer each smashed sausage patty on a roll, then top with peppers and onions.
- Add cheese if using, letting it melt slightly over the hot sausage.

#### 5. Serve

- Press the sandwich lightly to bring everything together.
- Serve hot and enjoy!



---

**Italian pesto chicken sandwich**

**Italian pesto chicken sandwich**

This Italian chicken pesto sandwich is one of my favorite sandwiches, it has the most delicious combination of flavors.

Juicy, tender chicken, herby basil pesto, and fresh mozzarella melts into every bite. Put it on a crisp toasted ciabatta or focaccia roll, and you've got a sandwich that's satisfying, comforting, and full of vibrant Italian flavor. It's simple to make but feels gourmet every time.

Sandwiches have come a long way since we opened our first place—a humble, hole-in-the-wall submarine sandwich shop in a small Northern California town. Back then, sandwiches were simple: two slices of Wonder Bread, some processed meat and cheese, and that was it.

But today? The sandwich has evolved into something extraordinary. You'll find them on menus at high-end restaurants, crafted by sandwich chefs using gourmet ingredients and served on white china. Take this **Italian chicken pesto sandwich**, for example—it's miles away from the lunchbox classics of the past. With tender grilled chicken, vibrant basil pesto, and creamy mozzarella layered on artisan bread, it's a sandwich that celebrates flavor, freshness, and creativity. This is the kind of sandwich that tells our story.

## **Things to know about this Italian pesto chicken sandwich**

**You said:** If you're not a fan of this exact combination, feel free to make it your own—add, subtract, or multiply ingredients to suit your taste buds!

This chicken pesto sandwich comes together in thirty minutes or less, making it perfect for a light lunch, a picnic, or even a quick dinner when paired with a fresh salad.

Whenever I grill chicken, I always make extra. It's a time-saver for busy days—I use it in salads, pasta dishes, sandwiches, or even tacos.

Once the chicken is cooked, you can slice it into strips, cubes, or shred it—whatever works best for you. Then just freeze it in portions for quick and easy use.

I like to start with whole chicken breasts, give them a rinse, and slice each one into two or three fillets, depending on thickness. I marinate them for at least two hours (or overnight for even more flavor), then grill, bake, or sauté until perfectly cooked. After that, I cut them into my preferred shape and freeze them for fast meals later.

If you love quick and easy cooking, having pre-cooked chicken on hand is a game-changer—especially on those busy days when time is short but you still want a delicious homemade meal. If you love the combination of chicken and pesto like I do try my pesto chicken farfalle pasta or for a vegetarian pesto option without the chicken but just as delicious Pesto pasta primavera.

## **Ingredients**

2 chicken breast butterflied

4 ciabatta rolls

1/2 cup each roasted each red peppers and marinated artichoke hearts

4 tablespoons pesto sauce

4 slices cheese of your choice

### **Marinate for chicken**

1 cup olive oil

1/2 cup balsamic vinegar

2 tablespoons chopped garlic

1 tablespoon honey

1 tablespoon Dijon mustard

1 tablespoon salt

1 teaspoon black pepper

1 tablespoon each mixed herbs ( preferably homegrown) thyme,  
Italian parsley and rosemary

## **Instructions**

Make marinate by whisking all ingredients together ending with  
the olive oil

Marinate chicken for at least 2 hours over overnight

Grill, bake, broil or saute the chicken

Toast bread

Spread with pesto

Line with roasted peppers artichokes, chicken and cheese

Return to oven to melt cheese

Cut into wedges

ENJOY!!!!!!!!!!

---

# **Grilled Italian vegetable**

# panini

## Grilled Italian vegetable panini

This grilled vegetable panini sandwich is made with a combination of grilled summer vegetables, creamy fresh mozzarella on pesto lined Italian bread then the entire sandwich is grilled to golden brown goodness, for an easy satisfying summer meal that's totally vegetarian.

There is something about lightly charred summer grilled vegetables sandwiched together with creamy fresh mozzarella that is just so good.

I love a good Italian panini sandwich something that's easy to put together and delicious.

## Tips and tricks when you make Grilled Italian vegetable panini

1. Vegetables: I used eggplant, zucchini and red bell peppers they are easy to grill and have so much flavor. You can customize this veggie panini by adding or subtracting your favorite vegetable .
2. Pesto: I used homemade pesto if you want a short cut use a good quality store-bought pesto.
3. Bread: A good sandwich starts with good bread. I love a crusty sliced Italian bread but your favorite sliced bread will work great in this recipe. Sliced ciabatta is another great choice.
4. The grill: I use a cast iron indoor grill pan( one of my most used pan) but the vegetables can be grilled on

an outside grill along with your BBQ.

## Ingredients

- 4 slices Italian bread
- 1 eggplant
- 2 zucchini
- 1 red bell pepper
- 4 slices fresh mozzarella
- 1/2 cup pesto
- 2 Tbsp. butter

## Instructions

1. Using a kitchen knife Slice the eggplant, red bell pepper and zucchini into thin slices. Then sprinkle with the Italian herbs, salt, pepper and drizzle with extra virgin olive oil
2. On a preheated indoor or out grill grill the vegetables until cooked and slightly charred.
3. Spread the bread slices with the pesto
4. Assemble the panini by lining with the vegetables and cheese. Add the butter to a flat pan. Grill the sandwiches until golden brown on both sides about 5 minutes per side. using a spatula to press the sandwich flat. ENJOY !!!

---

## Oven Roasted Chicken Philly Sandwich

# Oven Roasted Chicken Philly Sandwich

This lightened up version oven roasted chicken Philly sandwich takes the guilt out of eating fried foods. Not that I have any guilt in the first place with the traditional version of the fried Philly cheese steak.

Oh the Philly Cheese steak, and my love affair with it began in our first little hole in the wall Submarine sandwich shop.

My mama who worked with me until she couldn't anymore, would start frying the onions and peppers just about lunch time. The aroma from the onions and peppers could be smelled blocks away, following it to our little hole in the wall. It was a smart marketing tool in the pre social media years.

In that version we used rib eye steak, bell peppers fried it topped it with provolone cheese and severed it on sub rolls.

As I get older I have make healthier variations to old classic recipes, I try to use leaner meats and healthier cooking processes that use less oil. And if it can be attempted to oven roasting in one pan, than that my friends is recipe success!!!

## Here's how I made this oven roasted chicken Philly Sandwich

First For this easy and quick chicken Philly sandwich I used my Cuisinart toaster oven/air fryer to roast all the ingredients for this delicious recipe, which I use often for small roast or bakes.

Second start by slicing the chicken breast in half in same size pieces for even cooking. I used 1 green and 1 red bell

pepper you can use any color you like or have on hand and sliced them into strips along with 1 yellow onion.

And lastly the provolone cheese is a personal preference, use whatever cheese you like, sharp cheddar is delicious!!!

One more thing please leave me a comment. I love hearing from you. It's my favorite part!!!

## Ingredients

1. 4 skinless boneless chicken breast
2. 1 red and one green bell pepper cut in strips
3. 1 sliced onion
4. 2 tablespoons chopped garlic
5. 8 slices provolone cheese
6. 4 sub rolls
7. 2 tablespoons olive oil
8. Salt and pepper to taste
9. juice from one lemon

## Instructions

1. Preheat oven to 375
  2. Cut chicken breast in half
  3. In a bowl put the oil, garlic, lemon juice, salt and pepper
  4. Toss the chicken, peppers and onions in the marinade
  5. Roast in a 375degree oven for 20 minutes add the cheese last 5 minutes
  6. Serve on buttered toasted hoagie rolls
-

# Tuna Melt Panini Sandwich Recipe

## Tuna Melt Panini Sandwich Recipe

Say goodbye to boring sandwiches with this Tuna melt Panini Sandwich recipe.

Sandwiches have come a long way since we opened our first eatery, a little hole in the wall Submarine sandwich shop. It was put together by homemade labor and sometimes held together by duct tape.

This Tuna Melt panini sandwich recipe was inspired by a tuna sub sandwich that was on the menu and very popular. In this level up recipe I added the salty brine flavored and artichoke hearts.

In the sandwich shop we used foot long white or wheat sandwich rolls especially made for us. Now with so many flavors and flour blends the choices are endless!!

## What I used To Use To make this tuna melt panini sandwich

We all need two good quality grill pans, one flat surface and one ridged.

In this Tuna Melt Panini Sandwich recipe I used my cast iron ridged one. I use this one when I want the grilled panini effect and grilling meat in doors, and the flat one when I don't.

The tuna I used was Albacore white tuna, the same brand we used in the restaurants. Really though does anyone use the old stuff anymore?

The bread you use in this sandwich or any sandwich or panini is important, since traditional sandwiches and most panini recipes mainly are made up of some kind of filling sandwiched together by two slices of bread.

In this recipe I used a sliced and seeded multi grain, you can use any bread that fits your lifestyle and taste.

You may have noticed salt wasn't in the ingredient list in this tuna recipe, that's because canned tuna tends to be salty.

And one more thing I use is your comments to better answer your food questions, please leave me one .

## Ingredients

- 2 cans Albacore tuna packed in water
- 1/2 chopped red onion
- 1/2 cup chopped celery
- 1/4 cup drained capers
- 1/4 cup chopped artichokes
- 1/2 cup mayonnaise
- 1 Tb. Dijon mustard
- 1 Tb. juice from the capers
- Freshly ground black pepper

## Instructions

1. Drain the tuna over a fine wire strainer pressing to extract all the water
2. In a medium bowl mix the mayonnaise, mustard, caper juice and black pepper
3. Add the capers and artichokes
4. Mix in the tuna breaking it up with a fork

5. Lightly butter 4 slices of multi grain bread
  6. Heat skillet over medium heat add 2 slices of the bread buttered side down top with the tuna, cheese cover with the other slice buttered side up
  7. Grill until well browned on medium low heat about 5 minutes
  8. With a spatula flip, pressing the panni down with the back of the spatula and grill on the other side until golden
- 

## **Air fryer Chicken Parmesan Sliders**

## **Air fryer Chicken Parmesan Sliders**

These Air Fryer Chicken Parmesan sliders are not your typical sandwiches. No, this little sandwiches are bursting with melt in your mouth parmesan chicken tenders, marinara, and oozing with cheese. Our first eatery was a hole in the wall submarine sandwich sub, and this chicken parmesan sandwich was one of the top sellers.

Many years later it's still the same ingredients, but I've lightened it up by using my air fryer, instead of frying the chicken in oil. Like I said many times before my Toaster Oven/ Air fryer is my most used small kitchen appliance.

# 3 Tips When Making Air fryer Chicken Parmesan Sliders

When making these Air fryer Chicken Parmesan Sliders you can use chicken tenders or the less expensive whole chicken breast.

But if you are using the full breast be sure to cut them the same size for even cooking. Second, don't crowd the fryer basket, leave enough room between the chicken for the air to circulate for even browning.

Third, if you want a crisper crust spray the chicken with oil spray. I didn't use any oil spray in this recipe. Just one more thing ,

please leave me a comment if you make this recipe and please don't forget to tag me on Instagram. I love hearing from you, it's my favorite part!!!!

## Ingredients

- 1 Lb. chicken tenders
- 4 crusty Italian rolls
- 2 cup grated bread crumbs
- 1 cup grated parmesan cheese
- 2 Tbls. chopped Italian parsley
- 1 egg slightly beaten
- 2 Tbs. milk
- 2 cups prepared marinara sauce
- 2 cups shredded mozzarella
- 1/2 cup grated parmesan
- Salt and pepper to taste

# Instructions

1. Salt and pepper the chicken
  2. Mix the bread crumbs, parmesan cheese and Italian parsley together
  3. In a separate bowl mix the egg and milk together
  4. Dip the chicken first in the egg mixture than the bread crumbs pressing breadcrumbs into the chicken
  5. Turn air fryer to 400 set timer for 12 to 15 minutes
  6. In the air fryer basket lay the chicken tenders flat being sure not to overcrowd them
  7. Air fry the chicken tenders 5 to 7 minutes per side
  8. Turn air fryer to bake option set at 350 toast the buns until warm and crisp
  9. Meanwhile warm the prepared marinara sauce
  10. Top the toasted buns with the chicken then the marinara sauce and mozzarella
  11. Return to oven and toast just until the cheese melts
- 

## Buffalo Langostino Lobster Bruschetta

## Buffalo Langostino Lobster Bruschetta

Don't let the sound of this Buffalo Langostino Lobster Bruschetta intimidate you. It's an easy recipe and affordable too when you use langostino lobster.

Consumers are attracted to using langostino lobster for two main reasons size and cost. The size of the langostino tail is ideal for cooks looking for bite size portions of meat. Moreover the price of langostino lobster is well under half the price of lobster.

As far as am concerned, they taste and eat pretty much the same and are perfect in this bruschetta recipe.

Langostino lobster is an affordable alternative to higher priced shellfish, and can be used in any recipe that calls for lobster, shrimp or crab.

## **How To Make This Buffalo Langostino Lobster Bruschetta**

Start making this Buffalo Langostino Lobster Bruschetta by first toasting some really good crusty Italian bread spread with some really good pesto store bought or homemade. Next simmer the butter and Franks Hot sauce on low heat, stirring constantly.

Third you can prepare the topping ahead of time and assemble the bruschetta just before serving. This is a delicious recipe made more affordable by using less expensive Langostino Lobster.

I hope you try it and please don't forget to leave me a comment. I love hearing from you it's my favorite part!!!

## **Ingredients**

- 8 slices crusty Italian bread
- 1 cup prepared pesto sauce
- 1/2 lb. langostino lobster meat
- 1 cup Frank's Hot sauce
- 1/2 stick butter

- 1 cup crumbled gorgonzola cheese
- 1 grated carrot
- 1 stalk thinly sliced celery
- 1 bunch thinly sliced radishes
- 1/2 small dice red onion
- 1 Tbls. chopped garlic
- Juice from one lemon
- 1 Tbls. chopped Italian parsley
- Salt and pepper to taste

## Instructions

1. Spread the bread with the pesto sauce toast until golden brown
2. Meanwhile in a medium saute pan heat the butter to medium high
3. Add the Garlic saute until tender and just beginning to brown
4. Add the hot sauce simmer until the sauce thickens slightly about 5 minutes
5. Add the lobster simmer 5 minutes more
6. Make the celery slaw by mixing the celery, carrot, radishes, Italian parsley, gorgonzola and lemon juice
7. Mix the buffalo lobster with the celery slaw
8. Top the toasted pesto bread with the lobster mixture....  
ENJOY!!!!

---

## Turkey Cranberry Sandwiches

# Turkey Cranberry Sandwiches

These Turkey Cranberry Sandwiches are the last of my Thanksgiving left over meals. Tender juicy slices of turkey breast topped with my best ever cranberry sauce and melted brie cheese.

It's like eating Thanksgiving dinner in a sandwich.

Don't save this sandwich just for leftover Thanksgiving Turkey, if you craving Thanksgiving in December store bough turkey works in this sandwich too.

## What you need to make Turkey Cranberry Sandwiches

Besides the ingredients in this Turkey Cranberry Sandwiches you need a flat griddle pan to grill the sandwiches to a beautiful golden brown while melting the cheese. I have two flat griddle pans one cast iron with ridges and one flat.

I used the flat one to make these sandwiches, but I think next time I will use the cast iron ridge griddle for a panni style sandwich.

## Ingredients

- 1/2 lb. leftover cooked Thanksgiving turkey breast
- 4 slices good quality multigrain bread
- 1 cup my home made cranberry sauce
- 4 Oz. thinly sliced brie
- 2 tablespoons butter

# Instructions

1. Melt butter in a flat skillet over medium heat
  2. Add the bread toast lightly on each side
  3. Layer the lightly toasted bread with the sliced turkey, brie cheese and cranberry sauce
  4. Continue cooking until cheese starts to melt
  5. Put the sandwiches you will have two, together and press down with the back of a spatula
  6. Cook just a few minutes longer on each side until a golden brown
- 

## Saucy Philly Sub

## Saucy Philly Sub

Oh, the Saucy Philly Sub and my love affair with it began in our first little hole in the wall Submarine sandwich shop.

My mama who worked with me until she couldn't anymore, would start frying the onions and peppers just about lunch time. The aroma from the onions and peppers could be smelled blocks away, following it to our little hole in the wall.

It was a smart marketing tool before the social media years.

✘ In that version we used rib eye steak, provolone cheese, and green bell peppers and severed it on sub rolls.

This recipe is basically the same the difference is I used a mix of peppers from my garden and topped them with house made marinara. I've also make it using chicken breast and experiencing with different cheeses.


These recipe lends it's self to experimentation so have fun and experiment. If you put good ingredients in the finished product will be good too.**What I do When I make Saucy Philly Subs**

I don't tell you how much salt to use in any of my recipes, that's a personal taste. what might be salty to me might be bland to you. keep in mind less is more, you can add, subtracting is a little harder.

I buy the steak at Trader Joe's, but you can ask you butcher to slice it for you, if you want a fancier sandwich use thicker sliced meat, any way you slice it, it's delicious,

comes together quick, is easy and it's one of those family pleasing meals for the picky eaters, because your able to add, subtract, and change ingredients, to fit your

lifestyle. Another thing is I use my Cuisinart toaster /fryer oven to toast the bread instead of turning on my large wall ovens.

The toaster oven gets more use than my large ovens for small for small jobs like this it's prefect.....Enjoy!!!! 

## **Ingredients For Two**

- 1/2 pound shaved rib eye steak
- 1 red and one green bell pepper cut in strips
- 1 sliced onion
- 2 tablespoons chopped garlic
- 2 cups shredded mozzarella
- 1 cup prepared Marinara
- 1 12 inch Italian baguette
- Salt and pepper to taste
- olive oil
- 1 tablespoon each chopped Italian parsley, basil, oregano, and red pepper flakes

## **Instruction**

1. Heat oil until smoking hot
2. Saute peppers, onions and garlic until tender and just beginning to brown
3. Add steak brown, salt and pepper to taste
4. Add herbs
5. Turn off heat and add the cheese
6. Toast baguette
7. Fill Baguette with steak mixture
8. Pour 1/2 cup hot prepared marinara over each
9. Serve on toasted baguette and Enjoy!!!!