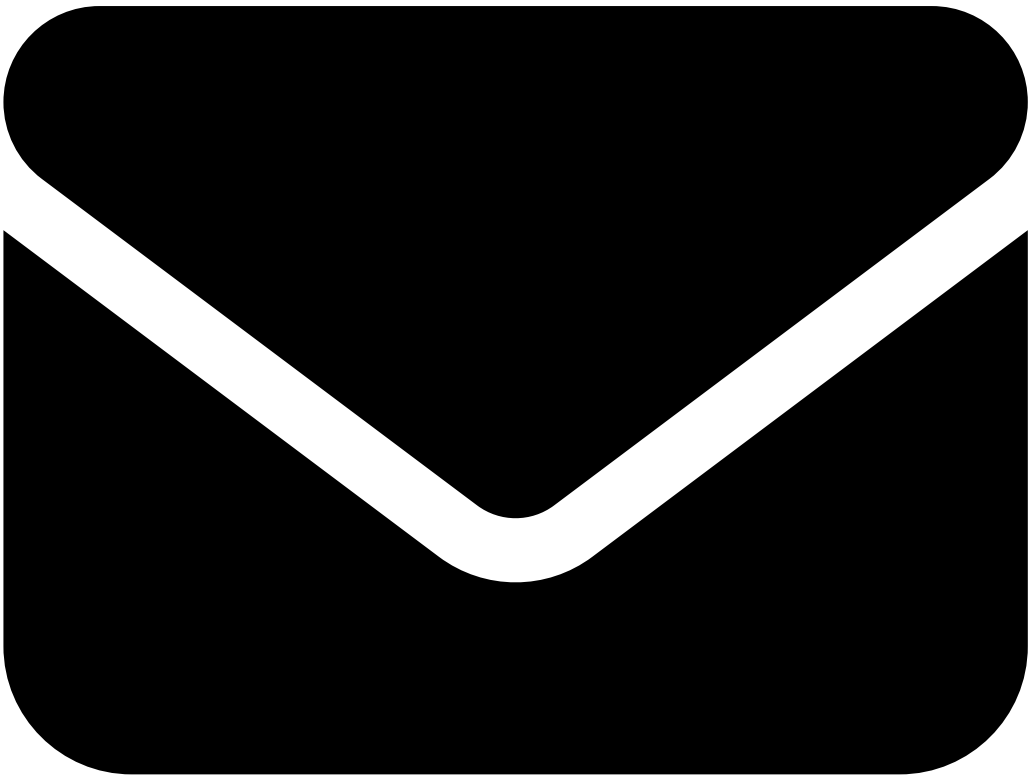
Classic Italian Meatball Subs

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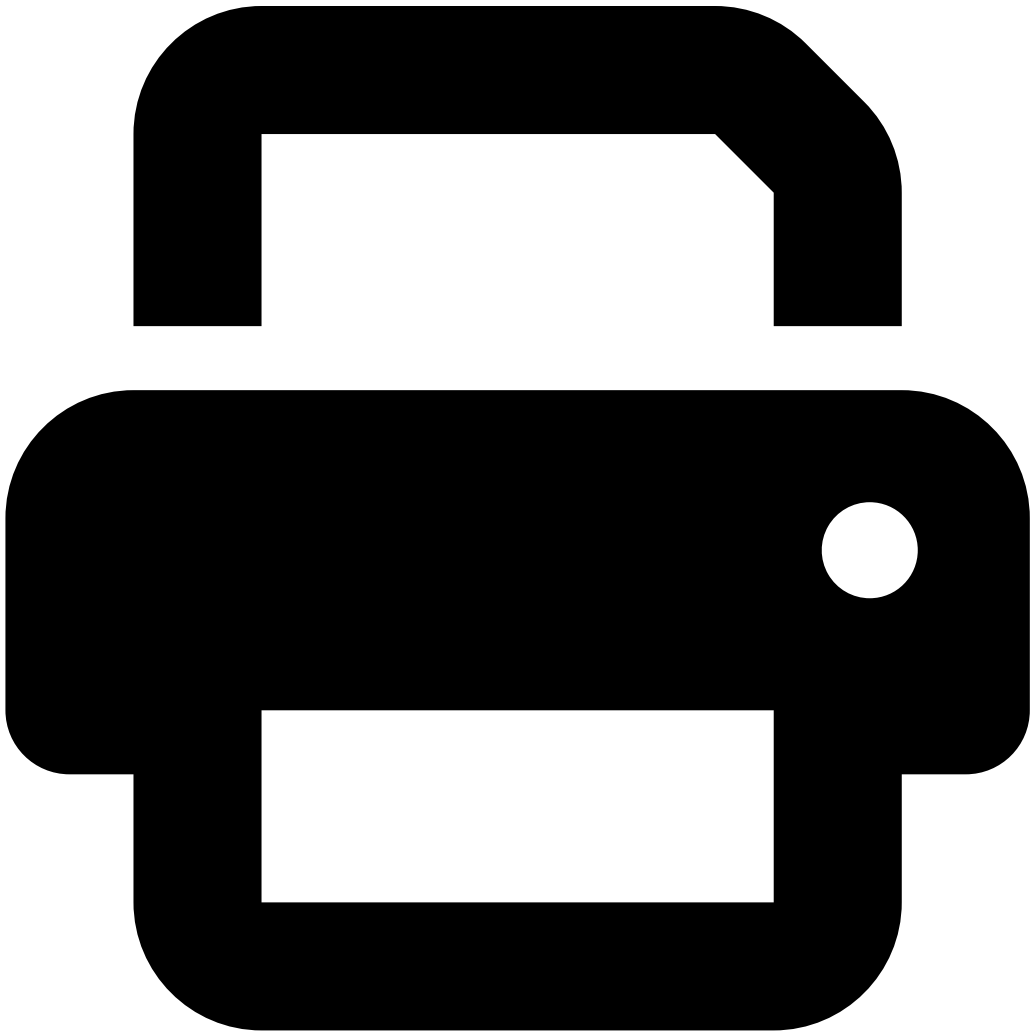
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SMS



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 my easy Sicilian potato salad
- Or serve with my Italian crispy 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.

Classic Italian Meatball Subs



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

 Homemade tomato Sauce

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

- 6 6 inch Italian sub rolls or hoagie rolls
- 18 fully cooked Italian meatballs (3 per sandwich)
- 4 cups homemade tomato sauce
- 12 oz. mozzarella cheese, sliced or shredded
- 1/3 cup grated Parmigiano Reggiano
- 2 Tbsp. chopped fresh parsley or basil (optional)

How to Make Meatball Subs

1. **Make the Meatballs** Classic Italian Meatballs
2. **Simmer the Sauce** Homemade tomato Sauce

3. **Build the Subs**

   Preheat the oven to **400°F**.

4. Warm the meatballs in the tomato sauce until heated through.

5. Split the sub rolls without cutting all the way through.

6. Lightly toast the rolls for 3–4 minutes if desired.

7. Place 3 meatballs into each roll and spoon additional sauce over the top.

8. Top with mozzarella. Bake for 5–7 minutes, or until the cheese is melted and bubbly.

9. Sprinkle with freshly grated Parmigiano Reggiano and parsley or basil before serving.

Main Course
Italian
How to make Italian meatball subs