

Vegan Meatball Subs



Makes:

12 servings

Utensil:

5 Qt./4.7 L Gourmet Wok with Cover

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Recipe:

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52 ounces

pasta sauce

(1.5

kg)

6 cups

fresh spinach

(180

g)

28 ounces

vegan or meatless meatballs

(794

g)

Directions:

1. Pour 1 cup (245 g) of pasta sauce in the bottom of the wok. Layer with spinach.
2. Layer with $\frac{1}{3}$ of the vegan meatballs and top with 13 ounces (369 g) pasta sauce.
3. Continue layering until all ingredients are finished.
4. Place wok on stove and turn temperature to medium heat. When Vapo-Valve™ clicks, turn temperature down to slightly above low.
5. Cook for 20 minutes or until contents are thoroughly heated.
6. Select your favorite sub roll and serve hot.

Tips:

- Be sure to choose a pasta sauce that does not include dairy in the ingredients.

Nutritional Information per

▼ Serving

Calories: 255

Total Fat: 10g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 946mg

Total 25g

Carbs:

Dietary Fiber: 7g

Sugar: 13g
Protein: 17g
