



Recipe Ideas

Allergen Declaration:

Tree Nuts; coconut
Gluten; plausible from rolls

Prep time: 15 minutes

Total time: 35 minutes

Nutrition Facts

Servings 2
Serving size 1 Sandwich

Amount per serving
Calories **520**

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g 13%

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1400mg **58%**

Total Carbohydrate 74g **25%**

Dietary Fiber 17g 68%

Total Sugars 14g

Contains No Added Sugars

Protein 23g

Vitamin D 0mcg 0%

Calcium 171mg 17%

Iron 5mg 31%

Potassium 1562mg 45%

*The % Daily Values tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NexVeg Tepary Garlic & Herb NoMeat-Ball Sandwiches

NexVeg Tepary Garlic & Herb handcrafted balls on crunchy bread with San Marzano® tomato and vegetable gravy

1



Cut and Sear Vegetables

Peel and **crush garlic**, then add with **2 tsp olive oil** to saucepan and preheat to medium-high.

Chop **green pepper, onions** and **mushrooms** to 1/2". Add to saucepan and sear 5 - 7 minutes.

Pre-heat oven (toaster oven) to 400° F.

3



Bake Balls, and Hoagie Rolls

Open package of **NexVeg Tepary Garlic & Herb balls**. Place balls on a lightly greased pan or dry sheet pan. Insert into pre-heated oven.

After 15 minutes remove balls from oven.

2



Season Vegetables, Simmer Gravy

Add your favorite **jar of marinara** and heat; or continue from scratch adding the **spice blend**, stir and cook 3 more minutes. Open can and add **tomatoes** and **balsamic vinegar**, lower to med. heat. Simmer 20 minutes, stirring occasionally and crushing **whole tomatoes**.

4



Assemble Sandwich

Lay **toasted roll** onto plate. Arrange **8 baked tepary balls** onto each **toasted roll**.

Stir **gravy** and pour generously, smothering each sandwich.

Recipe Tips:

- Wait to salt gravy to taste until just before serving.

Ingredients:

Sandwiches

- 2 x 8pc Tepary Garlic & Herb Balls
- 2 x 6" Italian style Hoagie rolls

Red Gravy

- 2 garlic cloves
- 1 onion, yellow
- 1 green pepper
- 8 oz mushrooms

Use your favorite jar of marinara or make your own

- 14 oz
- 2 cloves garlic
- 2 tsp olive oil
- 1 tsp balsamic vinegar

Spice Blend

- 1 tsp basil
- 1/2 tsp oregano
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 3/4 tsp salt

Grab your:

- Sheet pan
- Knife
- Cutting board
- Medium sauce pan
- Wood spoon



@NexVeg



nexveg.com



info@nexveg.com



928-679-0183