

# Smashed Italian Meatball Sliders

Fluffy, mini burger buns stuffed with smashed Italian spiced meatballs, caramelized onions, and melted provolone cheese. Served up with a classic Italian antipasto salad, it's a delicious dinner that comes to the table in a snap.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet with  
Cover  
Saucepan

### FROM YOUR PANTRY

Olive Oil

### 6 MEEZ CONTAINERS

Onions  
Slider Buns  
Provolone Cheese  
Slider Sauce  
Italian Meatballs  
Antipasto Salad

## Good to Know

If you ordered the **Carb Conscious version**, we sent you red peppers instead of the Slider Buns, reducing the **carbs per serving to 34g**. In Step 1, include both the red peppers and onions in the skillet with 1½ Tbsp olive oil and cook until seared, about 5 to 6 minutes. Transfer the peppers and onions to serving dishes and continue starting with step 3.

**Health Snapshot per Serving-** 1240 Calories, 57g Protein, 81g Carbs, 80g Fat, 44 Freestyle Points

**Lightened-up Health Snapshot per Serving-** 860 Calories, 41g Protein, 52g Carbs, 56g Fat, 30 Freestyle Points, by eating the sliders open face and using half of the cheese and sauce.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Beef Meatballs, Slider Buns, Yellow Onion, Provolone, Tomato, Zucchini, Red Onion, Banana Peppers, White Wine Vinegar, Green Onion, Parmesan, Mayonnaise, Black Olives, Kalamata Olives, Worcestershire Sauce, Dijon Mustard, White Balsamic Vinegar, Basil, Parsley, Garlic, Black Pepper, Oregano, Thyme, Sugar

meez meals

### 1. Caramelize the Onions

Heat 1 Tbsp olive oil in a saucepan over medium heat. Add the **Onions** and cook, stirring occasionally, until they are brown and caramelized, about 10 minutes.

*Make sure the heat isn't too high when caramelizing the onions, otherwise they will immediately sear.*

### 2. Toast the Buns

While the onions are caramelizing, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the bottom **Slider Buns**, cut sides down, and toast until golden brown, about 2 minutes. Remove from the pan and add just enough of the **Provolone Cheese** to just barely cover each bun (about ¼ of the cheese). Toast the top buns and remove from the skillet. Spread all with an even layer of the **Slider Sauce** and set aside.

### 3. Cook the Meatballs and Cheese

Return the now-empty skillet to the stove over medium-high heat and add the **Italian Meatballs**. Heat until they start to brown, about 4 to 5 minutes. Arrange the meatballs in six groups of 3 meatballs each with their edges touching, then flatten them with a fork or spatula to form one "meatball patty." Add the remaining cheese on top of each patty (group of 3 meatballs) and cover the skillet. Heat until the cheese is completely melted, about 3 minutes.

*The Italian Meatballs are fully cooked when they arrive to you.*

### 4. Put It All Together

Use a large spatula to transfer (one at a time) each of the six meatball and melted cheese patties to their own slider bun bottom. Top each with the caramelized onions and the bun tops.

*Add the provolone from edge-to-edge on the flattened meatballs to hold them together as one "meatball patty."*

Serve the sliders with the **Antipasto Salad** on the side. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \***