



Real Vegetable Meat

WHEN YOU CARE WHAT YOU EAT

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	575
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 6.4g	31%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 744mg	30%
Total Carbohydrate 82g	27%
Dietary Fiber 22g	90%
Total Sugars 15g	
Added Sugars 2g	
Protein 21g	23%
Vitamin C 92mg	150%
Calcium 126mg	14%
Iron 5.8mg	32%
Potassium 1325mg	40%
Vitamin A 3965IU	80%

*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.

RVM™ NoMeat-Ball Sandwiches

RVM Garlic & Herb handcrafted balls on crunchy bread with San Marzano® red gravy



1



Cut and Sear Vegetables

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

Chop **green pepper, onions** and **mushrooms** to ½". Add to saucepan and sear 5 - 7 minutes.

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

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, **crushing whole tomatoes**.

3



Bake Balls, and Hoagie Rolls

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

After 15 minutes remove balls from oven.

4



Assemble Sandwich

Lay **toasted roll** onto plate. Arrange **8 baked RVM 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 8 RVM Garlic & Herb plant based meatballs
- 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
- ½ tsp oregano
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ½ tsp onion powder
- ¾ tsp salt

Grab your:

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



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