

the
ultimate

BURGER, SUB & SANDWICH cookbook

50

RECIPES FOR THE ALL-TIME
FAVORITE SNACK

by
Sophia
Freeman



The Ultimate Burger, Sub & Sandwich Cookbook

50 Recipes for the All-Time Favorite Snack

BY: SOPHIA FREEMAN



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Introduction



A sandwich is a type of food that consists of two slices of bread that have a filling, usually consisting of a slice of meat, vegetables, cheese and other condiments.

Sandwiches are extremely versatile and can also be filled with whatever ingredient you wish, be it jam, fruit, egg, hotdog, chocolate or ice cream.

Sandwiches can further be broken down into types depending on how they are presented. For example, an open-faced sandwich is where the slice of bread is topped with the filling and served as is. Pinwheel sandwich uses a type of flatbread that is rolled together with the filling and is cut crosswise. Sandwiches are a very popular lunch food and as snacks on-the-go.

Hamburgers or burgers are a type of sandwich. They are undoubtedly one of the most popular foods in the world, thanks to popular fast-food chains. Burgers typically contain a patty of ground beef together with lettuce, tomato, bacon, onion, cheese and condiments. Although burgers usually pertain to beef, any type of meat can be used as a substitute.

Sub got its name from the shape of the bread used to make the type of sandwich, resembling a submarine, hence the name. It is also known as a hoagie, grinder, hero, torpedo, spuckie and Italian sandwich. The main protein used in the sandwich is usually deli or cured meats like salami, ham, and mortadella. It is served with tomatoes, bell pepper, onions, pickles, olive oil, olives and provolone.

Additional Useful & Interesting Information

In the United States, November 3 is celebrated as “National Sandwich Day” and the entire month of August as “National Sandwich Month.”

Australia celebrates “National Burger Day” every 28th of May, while in the UK, it takes place every 27th of August.

Sandwich was named after a gambler named Lord Sandwich who got so caught up with gambling that he no longer had the time to eat a meal and would request his servants to bring him meat and place it in between bread slices. The snack eventually became known as a sandwich.

Sub is short for “submarine” as the type of sandwich resembles the submarine.

Spinach Burger



Make burger night a regular gig at your home. Here's one recipe that you'd definitely want to prepare each time—a thick burger patty made with lean beef, topped with a creamy spinach dip and sun-dried tomato slices.

Serving Size: 4

Preparation & Cooking Time: 20 minutes

Ingredients:

- 1 lb. lean ground beef
- 1 egg, beaten
- $\frac{1}{2}$ cup breadcrumbs
- 2 tablespoons milk
- 1 teaspoon dried basil
- Salt and pepper to taste
- 4 burger buns, split
- $\frac{1}{4}$ cup spinach dip
- $\frac{1}{4}$ sun-dried tomatoes, sliced

- Lettuce leaves

Instructions:

In a bowl, mix the lean ground beef, egg, breadcrumbs, milk, dried basil, salt and pepper.

Form patties from the mixture.

Add the patties to a grill.

Grill over medium heat for 4 to 5 minutes per side.

Toast the burger buns.

Top the burgers buns with lettuce.

Add the burger on top of the lettuce.

Spread the spinach dip on the burger and sprinkle with the tomato slices.

Nutrients per Serving:

- Calories 389
- Fat 17 g
- Saturated fat 6 g
- Carbohydrates 29 g
- Fiber 4 g
- Protein 29 g
- Cholesterol 125 mg
- Sugars 7 g
- Sodium 737 mg
- Potassium 532 mg

Barbecue Burger



This is one burger that you'll find hard to say no to. The burger patty is drenched with a homemade barbecue sauce and served with lettuce, crispy bacon slices and red onion rings. You can also use a prepared barbecue sauce if you want to save time.

Serving Size: 6

Preparation & Cooking Time: 40 minutes

Ingredients:

Barbecue sauce

- 1 cup ketchup
- 1/3 cup white sugar
- ½ cup brown sugar
- ¼ cup molasses
- ¼ cup honey
- 1 ½ teaspoons Worcestershire sauce
- 2 teaspoons mustard

- 1/4 teaspoon liquid smoke
- Salt and pepper to taste

Patties

- 1 ½ lb. ground beef
- 1/3 cup oats
- 1 egg, beaten
- ¼ teaspoon garlic salt
- ¼ teaspoon onion salt
- Salt and pepper to taste

Burger

- 6 burger buns, split and toasted
- Red onion slices
- Tomato slices
- Lettuce

Instructions:

Add the barbecue sauce ingredients to a pan over medium heat.

Bring to a boil.

Reduce heat and simmer while stirring for 5 minutes.

Turn off the heat.

Reserve 1 cup of the barbecue sauce and set aside.

Add the remaining sauce to a bowl.

Stir in the ingredients for the patties.

Mix well.

Form patties from the mixture.

Grill the patties over medium heat for 7 to 8 minutes per side.

Baste with the reserve barbecue sauce in the last 3 to 4 minutes of grilling.

Serve on buns with the lettuce, tomatoes and red onion slices.

Nutrients per Serving:

- Calories 626
- Fat 19 g

- Saturated fat 7 g
- Carbohydrates 86 g
- Fiber 2 g
- Protein 30 g
- Cholesterol 121 mg
- Sugars 56 g
- Sodium 1146 mg
- Potassium 877 mg

Burger Stuffed with Cheese & Herbs



Turn your burgers into a delightful surprise by stuffing the patties with cheese and herbs. This savory burger will definitely create a buzz at the dinner table.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 3 teaspoons Dijon mustard, divided
- 2 tablespoons cream cheese
- ¼ cup cheddar cheese, shredded
- 2 tablespoons fresh parsley, minced
- 1 lb. lean ground beef
- 3 tablespoons breadcrumbs
- 2 tablespoons ketchup
- 2 green onions, chopped
- ¼ teaspoon dried sage
- ½ teaspoon dried rosemary
- Salt to taste

- 4 burger buns, split and toasted

Toppings

- Lettuce leaves
- Tomato slices

Instructions:

Combine 1 teaspoon Dijon mustard, cream cheese, cheddar cheese and parsley in a bowl.

In another bowl, add the ground beef, breadcrumbs, green onions, dried sage, dried rosemary, salt and remaining mustard.

Form patties from the ground beef mixture.

Stuff each patty with the cream cheese mixture.

Grill the patties over medium heat for 4 to 5 minutes per side.

Serve on buns with the lettuce leaves and tomato slices.

Nutrients per Serving:

- Calories 383
- Fat 16 g
- Saturated fat 7 g
- Carbohydrates 29 g
- Fiber 1 g
- Protein 29 g
- Cholesterol 86 mg
- Sugars 5 g
- Sodium 861 mg
- Potassium 566 mg

Bacon Cheeseburger



This is the kind of burger that you'll never get bored with. After all, bacon does make everything taste better including a burger. Serve with cheese, tomatoes, lettuce, pickles and onion.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 1 lb. ground beef
- 1 onion, chopped
- 1 clove garlic, minced
- 2 tablespoons ketchup
- 1 teaspoon steak sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon cider vinegar
- 4 slices cheddar cheese
- 4 burger buns, split and toasted

- 8 slices bacon, cooked crispy

Toppings

- Lettuce
- Tomatoes, sliced
- Onions, sliced
- Pickle slices

Instructions:

Combine the ground beef, onion, garlic, ketchup, steak sauce, Worcestershire sauce, sugar and cider vinegar in a bowl.

Form patties from the mixture.

Grill the patties over medium heat for 4 to 7 minutes per side.

Top with the cheese.

Grill until the cheese has melted.

Serve on burger buns with the bacon strips, lettuce, tomatoes, onion and pickles.

Nutrients per Serving:

- Calories 472
- Fat 25 g
- Saturated fat 10 g
- Carbohydrates 27 g
- Fiber 1 g
- Protein 33 g
- Cholesterol 98 mg
- Sugars 7 g
- Sodium 947 mg
- Potassium 670 mg

Buffalo Turkey Burger



If you want an alternative to a beef burger, here's one that you would want to try—a buffalo turkey burger with blue cheese dressing and celery. It's mouthwatering! Plus, it's also easy to make. It only takes 30 minutes of your time.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 1 lb. lean ground turkey
- 2 cloves garlic, minced
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- Salt and pepper to taste
- 2 tablespoons hot pepper sauce, divided
- 4 burger buns, split and toasted
- 2 celery ribs, chopped

- 1 cup lettuce, shredded
- 2 tablespoons blue cheese dressing

Instructions:

Mix the lean ground turkey, garlic, chili powder, ground cumin, salt, pepper and 1 tablespoon hot pepper sauce.

Form patties from the mixture.

In a pan over medium heat, cook the burgers for 5 minutes per side.

Serve on burger buns with the celery, lettuce and blue cheese dressing.

Drizzle with the remaining hot pepper sauce.

Nutrients per Serving:

- Calories 312
- Fat 12 g
- Saturated fat 3 g
- Carbohydrates 28 g
- Fiber 5 g
- Protein 24 g
- Cholesterol 90 mg
- Sugars 5 g
- Sodium 734 mg
- Potassium 446 mg

Basil Burger with Tomato Mayo



Infuse your burger with the flavor of basil in this interesting and easy-to-prepare recipe that comes together in 30 minutes or less.

Serving Size: 6

Preparation & Cooking Time: 30 minutes

Ingredients:

- $\frac{1}{4}$ cup sun-dried tomatoes
- 1 cup boiling water
- 1 cup mayonnaise
- 1 $\frac{1}{2}$ lb. lean ground beef
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup fresh basil leaves, chopped
- 2 teaspoons Italian seasoning
- 2 teaspoons Worcestershire sauce
- Salt and pepper to taste
- $\frac{3}{4}$ cup mozzarella cheese, shredded

- 6 burger buns, split
- Fresh basil leaves

Instructions:

Soak the sun-dried tomatoes in water for 5 minutes.

Drain and add to a food processor along with the mayo.

Process until smooth.

Transfer to a bowl.

Cover and refrigerate until ready to serve.

In another bowl, mix the lean ground beef, garlic, fresh basil, Italian seasoning, Worcestershire sauce, salt and pepper.

Form 12 thin patties from the mixture.

Sprinkle the cheese on top of the 6 patties.

Top with the other 6 patties.

Grill the burgers for 6 minutes per side.

Serve on buns topped with the mayo mixture and remaining basil.

Nutrients per Serving:

- Calories 355
- Fat 16 g
- Saturated fat 7 g
- Carbohydrates 22 g
- Fiber 2 g
- Protein 30 g
- Cholesterol 86 mg
- Sugars 6 g
- Sodium 904 mg
- Potassium 487 mg

Bean Burger



Want to go light and easy? Here's a bean burger that's not as calorie-loaded as a meat burger but packed with just as much flavor and delight. This goes well with egg salad.

Serving Size: 8

Preparation & Cooking Time: 35 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 carrot, shredded
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Pepper to taste
- 15 oz. pinto beans, rinsed, drained and mashed
- 15 oz. black beans, rinsed, drained and mashed
- 1 tablespoon ketchup
- 2 tablespoons Dijon mustard

- 2 tablespoons soy sauce
- 1 ½ cups oats
- 8 burger buns, split and toasted
- ½ cup salsa
- 8 lettuce leaves

Instructions:

Add the olive oil to a pan over medium heat.

Cook the onion for 2 minutes, stirring often.

Stir in the garlic. Then, cook for 1 minute.

Add the carrot, ground cumin and chili powder.

Cook while stirring for 2 minutes.

Transfer the carrot mixture to a bowl.

Stir in the mashed beans, ketchup, mustard, soy sauce and oats.

Shape into patties.

Grill the patties for 4 to 5 minutes per side.

Serve on burger buns with the salsa and lettuce.

Nutrients per Serving:

- Calories 305
- Fat 5 g
- Saturated fat 1 g
- Carbohydrates 54 g
- Fiber 10 g
- Protein 12 g
- Cholesterol 0 mg
- Sugars 8 g
- Sodium 736 mg
- Potassium 1523 mg

Cheeseburger Stuffed with Mushrooms



Your meal gets more interesting when you create little surprises such as stuffing your burger patty with bacon and mushrooms. And you'd love that this recipe calls for minimal effort. You can even make the patty ahead of time, freeze and just thaw and grill when ready to serve.

Serving Size: 8

Preparation & Cooking Time: 40 minutes

Ingredients:

- 1 teaspoon olive oil
- $\frac{1}{4}$ cup onion, chopped
- 2 cups mushrooms, chopped
- $\frac{1}{4}$ cup sweet red pepper, chopped
- $\frac{1}{4}$ cup green pepper, chopped
- 2 slices bacon, chopped and cooked crisp
- 2 lb. lean ground beef
- 2 tablespoons steak sauce

- Salt to taste
- 4 slices provolone cheese, sliced into half
- 8 burger buns, split and toasted

Instructions:

Add the oil to a pan over medium heat.

Cook the onion, mushrooms and peppers for 2 to 3 minutes.

Add these to a bowl.

Stir in the bacon.

In another bowl, mix the ground beef, steak sauce and salt.

Form 16 thin patties from the mixture.

Top 8 patties with the cheese and bacon mixture.

Top with the remaining 8 patties.

Pinch the edges to seal.

Grill the burgers for 5 minutes per side.

Serve on burger buns.

Nutrients per Serving:

- Calories 418
- Fat 17 g
- Saturated fat 7 g
- Carbohydrates 33 g
- Fiber 2 g
- Protein 31 g
- Cholesterol 82 mg
- Sugars 2 g
- Sodium 653 mg
- Potassium 558 mg

Portobello Mushroom Burger



This is not like the usual burger that you're used to. Instead of thick beef burger patties, we serve roasted Portobello mushrooms on burger buns. You'll be surprised by the result.

Serving Size: 8

Preparation & Cooking Time: 30 minutes

Ingredients:

- 5 cloves garlic, unpeeled
- $\frac{1}{2}$ teaspoon olive oil
- 3 tablespoons olive oil, divided
- $\frac{1}{2}$ cup sweet onion, sliced thinly
- 3 cups coleslaw mix
- $\frac{1}{2}$ cup applesauce
- 8 oz. sauerkraut, rinsed and drained
- 8 large Portobello mushrooms, stemmed
- 1 teaspoon garlic powder

- 1 teaspoon dried marjoram
- 1 cup thousand island salad dressing
- 8 slices Swiss cheese
- 8 burger buns, split and toasted

Instructions:

Preheat your oven to 375 degrees F.

Slice the ends of the garlic cloves.

Drizzle the garlic cloves with $\frac{1}{2}$ teaspoon olive oil.

Wrap in foil.

Bake in the oven for 20 minutes.

Uncover and let cool.

Add 1 tablespoon olive oil to a pan over medium heat.

Cook the onion for 5 minutes, stirring often.

Reduce heat and continue cooking the onions for 30 minutes.

Peel the roasted garlic and mash using a fork.

Add these to the onion along with the coleslaw mix, applesauce and sauerkraut.

Cook while stirring for 5 minutes.

Brush the mushrooms with the remaining olive oil.

Season with the garlic powder and dried marjoram.

Bake in the oven for 15 minutes.

Top with the cheese and bake for 2 minutes more.

Serve on burger buns with the dressing and coleslaw mixture.

Nutrients per Serving:

- Calories 396
- Fat 22 g
- Saturated fat 5 g
- Carbohydrates 38 g
- Fiber 4 g
- Protein 10 g
- Cholesterol 13 mg

- Sugars 13 g
- Sodium 708 mg
- Potassium 248 mg

Smoky Pork & Beef Burger



Make your mealtime more exciting with this smoky pork and beef burger that is tender and juicy and loaded with flavor. The recipe is proof that you don't have to spend long hours in the kitchen to come up with a snack that impresses.

Serving Size: 12

Preparation & Cooking Time: 45 minutes

Ingredients:

- 2 lb. ground beef
- 2 lb. ground pork
- ½ cup red onion, chopped
- ½ cup breadcrumbs
- 2 teaspoons smoked paprika
- 3 tablespoons fresh basil, minced
- Salt and pepper to taste
- 12 slices bacon, cooked crispy and crumbled

- $\frac{3}{4}$ cup barbecue sauce
- $\frac{3}{4}$ cup pineapple, chopped
- 12 slices cheddar cheese
- 12 burger buns, split and toasted

Instructions:

Combine the ground beef, ground pork, red onion, breadcrumbs, smoked paprika, fresh basil, salt and pepper in a bowl.

Form patties from the mixture.

Form 24 thin patties from the mixture.

Top 12 patties with the bacon, barbecue sauce and pineapple.

Top with the remaining 12 patties.

Press the edges to seal.

Cover and refrigerate for 1 hour.

Grill the burgers over medium heat for 8 minutes per side.

Serve on burger buns.

Nutrients per Serving:

- Calories 508
- Fat 25 g
- Saturated fat 9 g
- Carbohydrates 33 g
- Fiber 1 g
- Protein 35 g
- Cholesterol 105 mg
- Sugars 10 g
- Sodium 724 mg
- Potassium 662 mg

Smash Burger



If you've never tried a smash burger before, now is the time you do. With this recipe, you can make your own smash burger at home without the hassle and stress.

Serving Size: 4

Preparation & Cooking Time: 15 minutes

Ingredients:

- 1 lb. lean ground beef
- 1 teaspoon canola oil
- Salt and pepper to taste
- 4 burger buns
- *Toppings*
- Dill pickles, sliced
- Lettuce
- Ketchup
- Mustard
- Mayonnaise
- American cheese slices

Instructions:

Add a cast-iron pan over medium heat.

Form 4 balls from the ground beef.

Increase heat to medium heat.

Add the oil to the pan.

Once hot, add the beef balls.

Season with the salt and pepper.

Flatten with a spatula and cook until edges are brown.

Flip and cook until the internal temperature reaches 160 degrees F.

Serve on burger buns with the toppings.

Nutrients per Serving:

- Calories 339
- Fat 16 g
- Saturated fat 5 g
- Carbohydrates 22 g
- Fiber 1 g
- Protein 24 g
- Cholesterol 70 mg
- Sugars 3 g
- Sodium 760 mg
- Potassium 457 mg

Chickpea Burger



Even if you're a meat lover, you should still give this chickpea burger a try. The burger will surprise you in more ways than one. You can also cook it on your grill or stove if you don't have an air fryer.

Serving Size: 6

Preparation & Cooking Time: 30 minutes

Ingredients:

- $\frac{1}{4}$ cup red wine vinaigrette
- 1 red onion, sliced thinly
- 30 oz. chickpeas, rinsed and drained
- $\frac{1}{4}$ cup parsley
- $\frac{1}{4}$ cup breadcrumbs
- 1/3 cup walnuts, chopped
- 1 teaspoon curry powder
- 2 eggs
- Pepper to taste

- Cooking spray
- 1/3 cup mayonnaise
- 2 teaspoons Dijon mustard
- 6 burger buns, split and toasted
- Lettuce leaves
- Basil leaves

Instructions:

Preheat your air fryer to 375 degrees F.

In a bowl, mix the vinaigrette and onion. Set aside.

Add the chickpeas, parsley, breadcrumbs and walnuts to a food processor.

Process until fully combined.

Stir in the curry powder, eggs and pepper.

Process for 30 seconds.

Form patties from the mixture.

Spray the air fryer tray with oil.

Add the patties to the air fryer tray.

Cook for 5 minutes per side.

Mix the mustard and mayo.

Spread the mixture on top of the burger buns.

Top with the burger, onion mixture, lettuce and basil.

Nutrients per Serving:

- Calories 381
- Fat 13 g
- Saturated fat 2 g
- Carbohydrates 54 g
- Fiber 9 g
- Protein 16 g
- Cholesterol 62 mg
- Sugars 10 g
- Sodium 697 mg
- Potassium 1356 mg

Tuna Burger



You may find this hard to believe, but once you get a taste of this tuna burger, you won't miss beef! It's also good to serve as an alternative if you have a family or friends who prefer light burgers over meaty ones.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- $\frac{1}{4}$ cup onion, chopped
- $\frac{1}{3}$ cup mayonnaise
- 1 egg, beaten
- $\frac{1}{2}$ cup celery, chopped
- 2 tablespoons chili sauce
- $\frac{1}{2}$ cup breadcrumbs
- 6 $\frac{1}{2}$ oz. tuna flakes in water, drained
- 4 burger buns, split and toasted

Toppings

- Lettuce leaves
- Tomato slices

Instructions:

Preheat your air fryer to 350 degrees F.

Combine the onion, mayo, egg, celery, chili sauce and breadcrumbs in a bowl.

Stir in the tuna flakes.

Form into patties.

Add the patties to the air fryer tray.

Cook for 5 minutes per side.

Serve on burger buns topped with the lettuce and tomato slices.

Nutrients per Serving:

- Calories 366
- Fat 17 g
- Saturated fat 3 g
- Carbohydrates 35 g
- Fiber 2 g
- Protein 17 g
- Cholesterol 64 mg
- Sugars 6 g
- Sodium 665 mg
- Potassium 397 mg

Chicken Burger with Jalapeno & Cheddar



Give your taste buds a treat with this chicken burger with jalapeno and cheddar. It's easier to make than it looks, so it's a good option even on a busy weeknight.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 1 ½ lb. ground chicken
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 1 jalapeno pepper, chopped
- ¼ cup cilantro, minced
- 1/3 cup cheddar cheese, shredded
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- Salt and pepper to taste

- 4 burger buns, split and toasted
- $\frac{1}{2}$ cup guacamole

Toppings

- Red onion, sliced
- Lettuce leaves
- Sour cream
- Salsa

Instructions:

Add the ground chicken, onion, garlic, jalapeno pepper, cilantro, cheddar cheese, paprika, ground cumin, salt and pepper to a bowl. Mix well.

Form patties from the mixture.

Grill the patties for 7 to 8 minutes per side.

Serve on burger buns with the guacamole, red onion, lettuce leaves, sour cream and salsa.

Nutrients per Serving:

- Calories 419
- Fat 18.3 g
- Saturated Fat 5.8 g
- Carbohydrate 8.3 g
- Fiber 1.5 g
- Protein 53 g
- Cholesterol 161 mg
- Sugars 1.5 g
- Sodium 311 mg
- Potassium 494 mg

Burger with Caramelized Onions, Goat Cheese & Sun Dried Tomatoes



This gourmet burger won't leave you wanting. It's a fusion of delicious flavors coming from the juicy burger patty, caramelized onion, tangy goat cheese, and sun-dried tomatoes.

Serving Size: 8

Preparation & Cooking Time: 50 minutes

Ingredients:

- 7 oz. sun-dried tomatoes (packed in oil)
- 3 onions, sliced thinly
- 3 tablespoons balsamic vinegar
- 3 lb. lean ground beef
- $\frac{1}{2}$ cup red onion, chopped
- 2 tablespoons dried basil
- 2 teaspoons ground chipotle pepper

- 2 teaspoons ground cumin
- Salt and pepper to taste
- 1 cup goat cheese, crumbled
- 8 burger buns, split and toasted
- Salad greens

Instructions:

Drain the tomatoes but reserve 1/3 cup of the oil.

In a pan over medium heat, cook the onions in the reserved oil for 2 minutes.

Pour in the vinegar.

Reduce heat and cook for 30 minutes.

Transfer to a bowl.

Stir in the ground beef, chopped red onion, sun-dried tomatoes, dried basil, chipotle pepper, ground cumin, salt and pepper.

Form 16 thin patties from the mixture.

Add the goat cheese to the center of the 8 patties.

Top with the remaining 8 patties.

Press the edges to seal.

Grill the burgers for 6 to 7 minutes per side.

Serve the burgers on the buns, topped with the caramelized onions, salad greens.

Nutrients per Serving:

- Calories 596
- Fat 32 g
- Saturated fat 10 g
- Carbohydrates 36 g
- Fiber 5 g
- Protein 42 g
- Cholesterol 123 mg
- Sugars 7 g
- Sodium 588 mg
- Potassium 839 mg

Bratwurst Burger



Adding chopped bratwursts to a beef burger turns out to be a good decision to make. They add extra flavor and juiciness to the patty.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 1 tablespoon canola oil
- 1 onion, sliced
- 1 sweet red pepper, sliced
- 1 sweet yellow pepper, sliced
- 1 cup chicken broth

Patties

- $\frac{1}{2}$ lb. ground beef

- ½ lb. bratwurst links, removed from casings
- 1 tablespoon milk
- 1 egg, beaten
- ¾ cup breadcrumbs
- 4 slices Muenster cheese
- 4 burger buns, split and toasted
- 8 teaspoons mustard

Instructions:

Add the oil to a pan over medium heat.

Cook the onion and peppers for 5 minutes, stirring often.

Pour in the chicken broth.

Bring to a boil.

Reduce heat and simmer for 20 minutes.

Turn off heat.

In a bowl, mix the beef and crumbled bratwurst.

Form into patties.

In another bowl, mix the milk and egg.

Add the breadcrumbs to another bowl.

Coat the patties with the egg mixture.

Dredge with the breadcrumbs.

In a pan over medium heat, cook the burgers for 3 to 5 minutes per side.

Top the patties with the cheese and cook for another 1 minute.

Serve on burger buns with the onion mixture and mustard.

Nutrients per Serving:

- Calories 659
- Fat 36 g
- Saturated fat 13 g
- Carbohydrates 41 g
- Fiber 3 g
- Protein 32 g
- Cholesterol 145 mg
- Sugars 10 g

- Sodium 1409 mg
- Potassium 526 mg

Lamb Burger



This burger is small in size but big in flavor. It's guaranteed a crowd pleaser, so it's a great idea to serve when you're having a party at home.

Serving Size: 8

Preparation & Cooking Time: 30 minutes

Ingredients:

- $\frac{1}{2}$ cup mayonnaise
- 1 $\frac{1}{2}$ teaspoons mustard
- 1 tablespoon maple syrup
- 1 lb. ground lamb
- $\frac{1}{2}$ cup Gorgonzola cheese, crumbled
- Salt and pepper to taste
- 1 onion, sliced
- 2 teaspoons butter, divided
- 2 tablespoons olive oil, divided
- 2 tablespoons balsamic vinegar

- 8 rolls, split
- Fresh arugula or lettuce

Instructions:

Mix the mayo, mustard and maple syrup in a bowl.

In another bowl, mix the ground lamb, Gorgonzola cheese and salt and pepper.

Form patties from the mixture.

Add half of the butter and half of the olive oil in a pan over medium heat.

Cook the onion for 3 minutes.

Pour the vinegar into the pan.

Cook for 1 more minute.

Transfer to a plate.

Add the remaining butter and oil to the same pan.

Cook the patties for 3 to 4 minutes per side.

Spread the rolls with the mayo.

Top with the patties, onion mixture and lettuce or arugula.

Nutrients per Serving:

- Calories 400
- Fat 27 g
- Saturated fat 7 g
- Carbohydrates 22 g
- Fiber 2 g
- Protein 15 g
- Cholesterol 51 mg
- Sugars 6 g
- Sodium 564 mg
- Potassium 264 mg

Butter-Basted Burger



Topping your burger with a generous dollop of butter amplifies the flavor and adds creaminess to it. For sure, you're going to enjoy this burger that's nothing like you've ever tried before.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 1 lb. lean ground beef
- ½ lb. mushrooms, chopped
- Salt and pepper to taste
- 2 tablespoons butter
- 4 teaspoons butter, divided
- 4 burger buns, split and toasted
- *Toppings*
- Lettuce leaves
- Tomato slices

- Dill pickles
- Mustard
- Ketchup

Instructions:

Mix the ground beef, mushrooms, salt and pepper in a bowl.

Form patties from the mixture.

Add 2 tablespoons butter to a pan over medium heat.

Cook the burgers for 6 to 8 minutes per side.

Serve the burgers on buns with the toppings, topped with the remaining butter.

Nutrients per Serving:

- Calories 400
- Fat 21 g
- Saturated fat 10 g
- Carbohydrates 24 g
- Fiber 1 g
- Protein 28 g
- Cholesterol 96 mg
- Sugars 3 g
- Sodium 543 mg
- Potassium 640 mg

Beef Teriyaki Burger



Add a little crunch to your tender and juicy patty by adding water chestnuts. Serve this beef teriyaki burger when you want to jazz up the dinner for your family.

Serving Size: 7

Preparation & Cooking Time: 30 minutes

Ingredients:

- 8 oz. water chestnuts, chopped
- 1 ½ lb. ground beef
- 2 tablespoons green onions, chopped
- 1/3 cup teriyaki sauce
- Salt and pepper to taste
- 7 burger buns, split and toasted

Toppings

- Lettuce leaves

- Tomato slices

Instructions:

Drain the water chestnuts and squeeze dry with paper towels.

Add to a bowl.

Stir in the ground beef, green onions, teriyaki sauce, salt and pepper.

Form patties from the mixture.

Grill over indirect medium heat for 7 to 8 minutes per side.

Serve on burger buns topped with the lettuce and tomato slices.

Nutrients per Serving:

- Calories 348
- Fat 14 g
- Saturated fat 5 g
- Carbohydrates 29 g
- Fiber 2 g
- Protein 25 g
- Cholesterol 64 mg
- Sugars 6 g
- Sodium 726 mg
- Potassium 881 mg

Mexican Burger



When you can't decide between a taco and a burger, here's an idea that gives you the best of both options. It's a burger patty wrapped in a flour tortilla served with colorful vegetables. You can serve with guacamole, sour cream, and salsa. You can also add some nacho chips on the side if you like.

Serving Size: 8

Preparation & Cooking Time: 30 minutes

Ingredients:

- 2 lb. ground beef
- ¼ cup onion, chopped
- 1 clove garlic, minced
- 2 eggs, beaten
- 8 oz. green chili, chopped
- 1/3 cup salsa
- Salt and pepper to taste
- ¾ cup corn chips, crushed
- 8 flour tortillas, warmed

Toppings

- Lettuce, shredded
- Tomatoes, chopped
- Ripe olives, chopped
- Cheddar cheese, shredded
- Sour cream
- Salsa

Instructions:

Combine the ground beef, onion, garlic, eggs, green chili, salsa, salt and pepper in a bowl.

Mix well.

Fold in the chips.

Form patties from the mixture.

Grill the patties over medium heat for 7 to 9 minutes per side.

Top the tortillas with the veggies, cheese and burger.

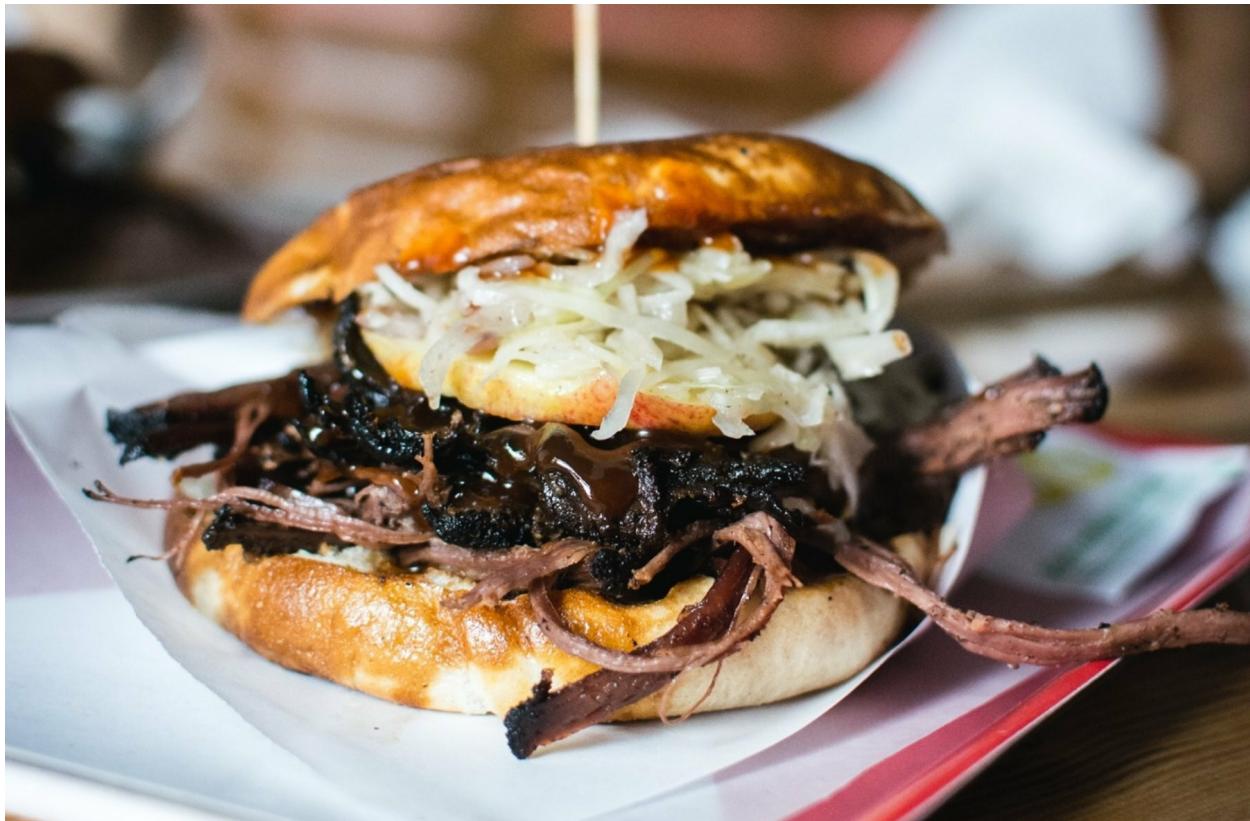
Roll up the tortillas.

Serve with the sour cream and salsa.

Nutrients per Serving:

- Calories 508
- Fat 22 g
- Saturated fat 7 g
- Carbohydrates 37 g
- Fiber 7 g
- Protein 31 g
- Cholesterol 128 mg
- Sugars 1 g
- Sodium 890 mg
- Potassium 555 mg

Pulled Pork Sandwich



Tender and juicy shredded pork drenched in a barbecue sauce and pickle chips will definitely complete your day. This is always a wonderful idea if you're having a picnic.

Serving Size: 16

Preparation & Cooking Time: 7 hours and 20 minutes

Ingredients:

- 2 teaspoons salt
- 2 teaspoons pepper
- 2 teaspoons dried oregano
- 2 teaspoons paprika
- 2 teaspoons ground cumin
- 5 lb. pork shoulder roast
- 2 cups fresh cilantro, divided
- 2 onions, sliced
- 4 cloves garlic, minced

- $\frac{1}{4}$ cup canned green chili, chopped
- $\frac{1}{2}$ cup lime juice
- $\frac{2}{3}$ cup orange juice
- 14 $\frac{1}{2}$ oz. chicken broth
- 16 burger buns, split and toasted

For serving

- Barbecue sauce
- Pickle chips

Instructions:

Combine the salt, pepper, dried oregano, paprika and ground cumin.

Rub the spice mixture all over the pork roast.

Add the pork shoulder to the slow cooker.

Top with half of the cilantro.

Add the onion, garlic and chili to the pot.

Pour in the lime juice, orange juice and chicken broth.

Cover the pot.

Cook on low for 7 hours.

Shred the pork with 2 forks.

Put the shredded pork back to the pot.

Add the remaining cilantro.

Top the burger buns with the pork mixture, pickle chips and barbecue sauce.

Nutrients per Serving:

- Calories 418
- Fat 16 g
- Saturated fat 5 g
- Carbohydrates 40 g
- Fiber 2 g
- Protein 29 g
- Cholesterol 67 mg
- Sugars 8 g
- Sodium 916 mg

- Potassium 120 mg

Philly Cheesesteak Sandwich



If you're a big fan of Philly cheesesteak, then it'd be a great idea to learn this recipe so you can make yourself one at home whenever you're craving it.

Serving Size: 8

Preparation & Cooking Time: 10 hours and 20 minutes

Ingredients:

- 3 lb. boneless beef chuck roast, sliced into cubes
- 2 onions, sliced
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup Worcestershire sauce
- $\frac{1}{2}$ teaspoon dried basil
- 1 teaspoon dried oregano
- 1 green pepper, sliced
- 1 sweet red pepper, sliced
- 8 slices pepper Jack cheese

- 8 hoagie buns, split and toasted

Instructions:

Add the beef chuck roast cubes, onions, garlic, Worcestershire sauce, dried basil and dried oregano to a slow cooker.

Cover and cook on low for 7 hours.

Add the peppers.

Cook for another 3 hours.

Shred the meat.

Serve the cheese and beef mixture with juices on hoagie buns.

Nutrients per Serving:

- Calories 546
- Fat 23 g
- Saturated fat 9 g
- Carbohydrates 42 g
- Fiber 2 g
- Protein 40 g
- Cholesterol 97 mg
- Sugars 9 g
- Sodium 754 mg
- Potassium 786 mg

Turkey Sandwich



You're going to enjoy every bite of this turkey sandwich that's full of savory flavors. It's ready in 30 minutes or less. It's a light and healthy snack you'll love each time. You can use other types of cheese if Camembert cheese is not available.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 2 tablespoons butter, divided
- 1 apple, sliced
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ medium sweet onion, sliced
- $\frac{1}{4}$ cup cranberry sauce
- 4 ciabatta rolls, split
- 1 lb. turkey, cooked and sliced

- 8 slices Camembert cheese
- 3 cups arugula

Instructions:

Preheat your broiler.

In a pan over medium heat, add half of the butter and cook the apple.

Sprinkle with the ground cinnamon and sugar.

Cook for 4 minutes, stirring often.

Transfer to a bowl.

In the same pan, add the remaining butter.

Cook the onion for 4 minutes.

Add to the apple.

Spread the cranberry sauce on the bottom roll slice.

Add layers of the turkey, cheese and apple mixture.

Add to a baking sheet.

Broil for 45 seconds.

Top the turkey with arugula and with the top roll slice, and serve.

Nutrients per Serving:

- Calories 797
- Fat 28 g
- Saturated fat 14 g
- Carbohydrates 87 g
- Fiber 6 g
- Protein 55 g
- Cholesterol 171 mg
- Sugars 16 g
- Sodium 1196 mg
- Potassium 487 mg

Mac & Cheese Slider



This slider is a combination of sweet and savory flavors that you really can't get enough of. It's cute and colorful too!

Serving Size: 12

Preparation & Cooking Time: 40 minutes

Ingredients:

- 1 cup uncooked macaroni pasta
- 1 tablespoon butter
- Pepper to taste
- 1 ½ teaspoons all purpose flour
- ½ cup milk
- ¾ cup cheddar cheese, shredded
- 18 oz. Hawaiian sweet rolls
- 16 oz. barbecue shredded pork, cooked
- 1 tablespoon honey
- ½ teaspoon ground mustard

- 2 tablespoons butter, melted

Instructions:

Preheat your oven to 375 degrees F.

Cook the pasta according to the directions in the package.

Drain and set aside.

Add the butter to a pan over medium heat.

Stir in the pepper and flour.

Stir until smooth.

Bring to a boil, stirring.

Cook for 3 to 5 minutes.

Add the cheese and cook while stirring until melted.

Add the cooked pasta to the pan.

Arrange the roll bottoms in a baking pan.

Top with the cheese and pasta mixture, shredded pork, and roll tops.

In a small bowl, mix the honey, mustard and butter.

Brush tops with this mixture.

Bake in the oven for 10 minutes.

Nutrients per Serving:

- Calories 305
- Fat 10 g
- Saturated fat 6 g
- Carbohydrates 39 g
- Fiber 2 g
- Protein 14 g
- Cholesterol 48 mg
- Sugars 17 g
- Sodium 466 mg
- Potassium 175 mg

Baked Ham Salad Sandwich



Turn your favorite ham salad into a sandwich with this recipe that doesn't take over an hour to prepare.

Serving Size: 6

Preparation & Cooking Time: 30 minutes

Ingredients:

- $\frac{1}{2}$ cup sweet pickles, sliced
- 2 cups ham, cooked and sliced into cubes
- $\frac{1}{2}$ cup sweet onion, chopped
- $\frac{3}{4}$ cup celery, chopped
- 4 hard-boiled large eggs, chopped
- $\frac{1}{4}$ cup mayonnaise
- 6 rolls, split

Instructions:

Preheat your oven to 350 degrees F.

Add the pickles and ham to a food processor.

Pulse until smooth.

Transfer mixture to a bowl.

Stir in the sweet onion, celery, chopped eggs and mayo.

Spread the roll bottoms with the mixture.

Top with the roll tops.

Wrap the sandwiches with foil.

Bake for 15 minutes.

Nutrients per Serving:

- Calories 338
- Fat 15 g
- Saturated fat 4 g
- Carbohydrates 30 g
- Fiber 2 g
- Protein 21 g
- Cholesterol 153 mg
- Sugars 6 g
- Sodium 971 mg
- Potassium 220 mg

Basil Chicken Sandwich



Perk up your lunchtime with this colorful and tasty basil chicken sandwich that you'd enjoy more than you imagine.

Serving Size: 6

Preparation & Cooking Time: 15 minutes

Ingredients:

- Pinch paprika
- Salt and pepper to taste
- 1 lb. chicken breast fillet, sliced into strips
- 6 tablespoons vinaigrette, divided
- 6 ciabatta rolls, split
- 18 basil leaves
- 7 oz. roasted sweet red peppers
- $\frac{1}{4}$ cup Romano cheese, shredded

Instructions:

Mix the paprika, salt and pepper.

Season all sides of the chicken slices with the spice mixture.

Add 2 tablespoons vinaigrette to a pan over medium heat.

Add the chicken slices and cook for 5 minutes per side.

Spread the remaining vinaigrette on the rolls.

Top with the chicken, basil leaves and red peppers.

Sprinkle with the Romano cheese.

Nutrients per Serving:

- Calories 308
- Fat 8 g
- Saturated fat 2 g
- Carbohydrates 33 g
- Fiber 2 g
- Protein 22 g
- Cholesterol 45 mg
- Sugars 3 g
- Sodium 824 mg
- Potassium 286 mg

Mushroom Melt



Here's a vegetarian open-faced sandwich that will satisfy your cravings without requiring you to spend too much time in the kitchen.

Serving Size: 2

Preparation & Cooking Time: 20 minutes

Ingredients:

- 2 tablespoons balsamic vinegar
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{2}$ teaspoon salt
- 2 Portobello mushrooms, stemmed
- 4 tomato slices
- 2 mozzarella cheese slices
- 2 Italian bread slices
- Fresh basil, chopped

Instructions:

Preheat your broiler.

In a bowl, mix the vinegar, oil, basil and salt.

Soak the mushrooms in the mixture for 5 minutes.

Broil the mushrooms for 3 minutes per side.

Add the mushrooms and tomatoes on top of the bread.

Top with the mozzarella cheese.

Broil until the cheese has melted.

Sprinkle with the basil.

Nutrients per Serving:

- Calories 460
- Fat 35 g
- Saturated fat 7 g
- Carbohydrates 26 g
- Fiber 3 g
- Protein 12 g
- Cholesterol 22 mg
- Sugars 8 g
- Sodium 934 mg
- Potassium 572 mg

Shrimp Sandwich



If you're looking for something new and different to try, here's a recipe that gives you a fancy shrimp patty sandwich. It's delicious and easy to prepare.

Serving Size: 8

Preparation & Cooking Time: 15 minutes

Ingredients:

- 1 ½ cups pancake mix
- 24 oz. shrimp, cooked, peeled, deveined and chopped
- ½ lb. haddock, cooked and crumbled into flakes
- 4 eggs, beaten
- 2 tablespoons cornmeal
- ½ teaspoon celery salt
- ½ teaspoon dried parsley flakes
- ¼ teaspoon paprika
- ¼ teaspoon ground mustard
- ½ cup bread crumbs

- 4 tablespoons canola oil
- 8 burger buns

Toppings

- Mayonnaise
- Lettuce leaves
- Onion slices
- Tomato slices

Instructions:

Combine the pancake mix, shrimp, haddock flakes, eggs, cornmeal, celery salt, dried parsley flakes, paprika and ground mustard.

Mix well.

Form patties from the mixture.

Coat the patties with the breadcrumbs.

Add the oil to a pan over medium heat.

Cook the patties for 2 to 3 minutes per side.

Serve on the burger buns with mayo topped with the lettuce, onion slices and tomato slices.

Nutrients per Serving:

- Calories 425
- Fat 11 g
- Saturated fat 2 g
- Carbohydrates 45 g
- Fiber 2 g
- Protein 33 g
- Cholesterol 324 mg
- Sugars 4 g
- Sodium 1448 mg
- Potassium 587 mg

Grilled Cheese Sandwich



You can't go wrong with this—a classic grilled cheese sandwich. Make it even tastier with bacon, onion and tomato.

Serving Size: 2

Preparation & Cooking Time: 20 minutes

Ingredients:

- 1 teaspoon Dijon mustard
- 2 tablespoons mayonnaise
- 4 sourdough bread slices
- 2 Swiss cheese slices
- 2 sweet onion rings
- 2 cheddar cheese slices
- 6 bacon slices, cooked crisp
- 2 tomato slices
- 2 tablespoons butter

Instructions:

Mix the mayo and mustard in a bowl.
Spread the bread slices with the mixture.
Top with the cheese, onion, bacon and tomato.
Top with the other bread slices.
Brush the top side of the bread with the butter.
Toast the sandwiches in the oven for 3 minutes per side.

Nutrients per Serving:

- Calories 714
- Fat 48 g
- Saturated fat 23 g
- Carbohydrates 41 g
- Fiber 3 g
- Protein 29 g
- Cholesterol 111 mg
- Sugars 4 g
- Sodium 1291 mg
- Potassium 175 mg

Chicken Panini



Bring Italian flavors to your home with this simple but delicious chicken Panini recipe. Serve with spinach, red onion and Provolone cheese. Toast in a pan if you don't have a Panini maker.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 2 teaspoons olive oil
- 5 oz. baby spinach
- $\frac{1}{4}$ cup butter
- 8 slices sourdough bread
- $\frac{1}{4}$ cup Italian salad dressing
- $\frac{1}{2}$ lb. deli chicken slices
- 8 provolone cheese slices
- 2 red onion rings

Instructions:

Add the oil to a pan over medium heat.
Cook the spinach until wilted.
Drain and set aside.
Spread the salad dressing on the bread slices.
Top with the chicken, cheese, red onion rings and spinach.
Top with the other bread.
Brush the butter on top sides of the sandwich.
Cook in a Panini maker until golden brown.

Nutrients per Serving:

- Calories 582
- Fat 26 g
- Saturated fat 10 g
- Carbohydrates 63 g
- Fiber 5 g
- Protein 23 g
- Cholesterol 62 mg
- Sugars 4 g
- Sodium 1688 mg
- Potassium 786 mg

Monte Cristo



This is one of the simplest sandwiches that you can make even when your hands are full. Simply layer your sandwich with cheese slices, deli meat and salad dressing, toast the sandwich, and that's it!

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 2 teaspoons thousand island salad dressing
- 1 teaspoon Dijon mustard
- $\frac{1}{4}$ cup mayonnaise
- 8 slices white or whole wheat bread
- $\frac{1}{4}$ lb. deli ham
- $\frac{1}{4}$ lb. deli turkey
- 4 slices Swiss cheese
- 2 eggs, beaten
- $\frac{1}{4}$ teaspoon ground mustard

- 1 cup half and half cream
- 2 tablespoons butter
- $\frac{1}{4}$ cup strawberry jam

Instructions:

Mix the thousand island dressing, Dijon mustard and mayo in a bowl.

Spread on one side of the bread.

Layer the ham, turkey and cheese on top of 4 bread slices.

Top with the other remaining bread slices.

In another bowl, beat the eggs. Then, stir in the ground mustard and cream.

Dip the sandwiches in the mixture.

Add the butter to a pan over medium heat.

Toast the sandwiches for 3 minutes per side.

Serve with the strawberry jam.

Nutrients per Serving:

- Calories 630
- Fat 36 g
- Saturated fat 15 g
- Carbohydrates 46 g
- Fiber 2 g
- Protein 27 g
- Cholesterol 185 mg
- Sugars 18 g
- Sodium 1208 mg
- Potassium 455 mg

Cuban Pork Sandwich



Here's a fantastic treat you'll surely find hard to resist—a hot sandwich layered with roasted pork, pickles, melted cheese, mustard and ham.

Serving Size: 24

Preparation & Cooking Time: 12 hours

Ingredients:

Roasted pork

- 1 pork shoulder roast
- 4 cloves garlic, sliced
- 2 onions, sliced
- 1 cup lime juice
- 1 cup orange juice
- 2 teaspoons ground cumin
- 2 tablespoons dried oregano
- Salt and pepper to taste

Sandwiches

- 4 loaves French bread
- $\frac{3}{4}$ cup butter, softened

- 1 cup yellow mustard
- 24 pickle slices
- 2 ¼ lb. deli ham slices
- 2 ¼ lb. Swiss cheese

Instructions:

Make slits on all sides of the pork shoulder.

Insert the garlic slices into the slits.

In a bowl, combine the onions, lime juice, orange juice, ground cumin, dried oregano, salt and pepper.

Transfer 1 ½ cups of this mixture to a large bowl.

Reserve the remaining marinade and refrigerate.

Add the pork to the large bowl. Then, turn to coat evenly with the marinade.

Cover the bowl and refrigerate for 8 hours.

Add the pork to a roasting pan.

Bake in the oven at 350 degrees F for 3 hours and 30 minutes.

Let sit for 15 minutes before slicing.

Slice the bread loaves in half lengthwise.

Flatten each slice and spread the cut side with the butter.

Spread the mustard on the crust side.

Layer the bread with the pork, ham, cheese and pickles.

Place the other bread half on top.

Cut into smaller portions and toast in batches using a grill or Panini maker.

Nutrients per Serving:

- Calories 590
- Fat 27 g
- Saturated fat 15 g
- Carbohydrates 47 g
- Fiber 2 g
- Protein 39 g
- Cholesterol 119 mg
- Sugars 5 g
- Sodium 1206 mg

- Potassium 396 mg

Grilled Cheese with Sun Dried Tomatoes



Add pizzazz to a classic grilled cheese sandwich by layering it with sun-dried tomatoes, chopped basil, arugula and sweet red pepper. And unlike other grilled cheese sandwiches that only make use of one type of cheese, this one has three—Parmesan cheese, mozzarella cheese and goat cheese. It's definitely the ultimate treat for cheese lovers.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 2 tablespoons olive oil
- 1 teaspoon balsamic vinegar
- 1 clove garlic, crushed
- $\frac{1}{2}$ cup sun-dried tomatoes (packed in oil)
- $\frac{1}{4}$ cup fresh basil leaves, chopped
- $\frac{1}{4}$ cup Parmesan cheese, grated
- Salt and pepper to taste
- 8 slices sourdough bread

- $\frac{1}{4}$ cup fresh arugula
- $\frac{1}{2}$ cup goat cheese, crumbled
- 1 $\frac{1}{4}$ cups mozzarella cheese, shredded
- 2 tablespoons roasted sweet red pepper, chopped
- 3 tablespoons butter, melted

Instructions:

Add the olive oil, balsamic vinegar, garlic, sun-dried tomatoes, fresh basil leaves, Parmesan cheese, salt and pepper to a food processor.

Blend until smooth.

Spread the mixture on top of 4 slices of bread.

Layer with the arugula, goat cheese, mozzarella cheese and red pepper.

Top with the other 4 slices of bread.

Brush the top of the sandwiches with the butter.

Toast in the oven or grill for 3 minutes per side or until cheese has melted.

Nutrients per Serving:

- Calories 491
- Fat 31 g
- Saturated fat 14 g
- Carbohydrates 37 g
- Fiber 3 g
- Protein 19 g
- Cholesterol 67 mg
- Sugars 4 g
- Sodium 942 mg
- Potassium 151 mg

Pulled Pork & Cheese Sandwich



Combine savory shredded pork with slices of cheese to create this golden brown sandwich that would fill you up and satisfy your cravings. Serve it with pickles.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 16 oz. barbecued shredded pork
- 1 clove garlic, minced
- 8 country bread slices
- 1 onion, sliced thinly
- 6 oz. Manchego cheese slices
- $\frac{1}{4}$ cup mayonnaise

Instructions:

Reheat the shredded pork in a pan over medium low heat.

Add the minced garlic.

Cook for 3 to 5 minutes, stirring often.

Layer 4 bread slices with the shredded pork with garlic, onion and cheese.

Top with the other bread slices.

Spread the top side of the sandwiches with the mayo.

In a pan over medium heat, toast the sandwiches for 3 minutes per side or until cheese has melted.

Nutrients per Serving:

- Calories 605
- Fat 29 g
- Saturated fat 13 g
- Carbohydrates 53 g
- Fiber 2 g
- Protein 29 g
- Cholesterol 74 mg
- Sugars 22 g
- Sodium 1046 mg
- Potassium 522 mg

Pork Chop Sandwich



This easily becomes a favorite at your home. It's very easy to make. And the recipe gives you a savory sandwich that is filling and satisfying.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- $\frac{3}{4}$ cup cornmeal
- 1 cup all purpose flour
- 1 cup milk
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon dry mustard
- 4 pork loin chops (boneless)
- Salt and pepper to taste
- 2 tablespoons canola oil

- 4 whole wheat burger buns, split and toasted
- Mustard
- Pickle slices
- Onion slices

Instructions:

Add the cornmeal to a bowl.

In another bowl, mix the flour, milk, garlic powder, onion powder, paprika and dry mustard.

Flatten the pork chops using a meat mallet.

Season both sides of the pork chops with the salt and pepper.

Pour the oil into a pan over medium heat.

Coat the pork chops with the cornmeal.

Dip each in the batter.

Cook in the pan for 3 to 4 minutes per side or until golden.

Drain on a plate lined with a paper towel.

Slice the pork chops into strips.

Spread the top side of the bun bottoms with mustard.

Top with the pork strips, pickles and onion slices.

Top with the other bun slices.

Nutrients per Serving:

- Calories 476
- Fat 15 g
- Saturated fat 3 g
- Carbohydrates 60 g
- Fiber 5 g
- Protein 26 g
- Cholesterol 42 mg
- Sugars 6 g
- Sodium 564 mg
- Potassium 429 mg

Swiss Chicken Sandwich with Bacon



Once, look at this sandwich, and you know that it's something that you definitely must try sometime soon. Don't wait too long. The Swiss chicken sandwich with crispy bacon bits is a fantastic snack treat.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- $\frac{1}{4}$ cup mayonnaise
- 4 chicken breast fillets
- $\frac{1}{2}$ teaspoon Montreal steak seasoning
- 4 Swiss cheese slices
- 4 burger buns, split and toasted
- 2 slices bacon, cooked crisp and crumbled
- Lettuce leaves

- Tomato slices

Instructions:

Combine the mustard, honey and mayo in a bowl.

Flatten the chicken breast fillet with a meat mallet.

Season both sides of the chicken with the steak seasoning.

Grill the chicken over medium heat for 5 minutes per side.

Add the cheese slices on top of the chicken and cook for 1 more minute.

Top the burger buns with the mayo mixture, lettuce, chicken, bacon, and tomato.

Nutrients per Serving:

- Calories 410
- Fat 17 g
- Saturated fat 6 g
- Carbohydrates 29 g
- Fiber 3 g
- Protein 34 g
- Cholesterol 91 mg
- Sugars 9 g
- Sodium 667 mg
- Potassium 281 mg

Chicken & Cheese Sandwich with Caramelized Onions



This grilled chicken and cheese sandwich is made even better with caramelized onions. You'll love the crunch and flavor that come with every bite of it.

Serving Size: 4

Preparation & Cooking Time: 1 hour

Ingredients:

- 2 tablespoons olive oil
- 2 sweet onions, sliced thinly
- Salt to taste
- 1 teaspoon fresh rosemary, minced
- 2 chicken breast fillets
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon pepper

- 1/3 cup roasted sweet red peppers, chopped
- ¼ cup mayonnaise
- 8 slices sourdough bread
- 12 slices Swiss cheese
- 2 tablespoons butter

Instructions:

Add the oil to a pan over medium heat.

Add the onions and sprinkle with the salt.

Cook for 7 minutes, stirring often.

Reduce heat and cook for 30 minutes.

Stir in the fresh rosemary.

Flatten the chicken using a meat mallet.

Brush with the lemon juice.

Season with the salt and pepper.

Grill for 5 minutes per side.

Slice each chicken fillet into strips.

In a bowl, combine the red peppers and mayo.

Spread the mayo on one side of the bread slices.

Layer 4 slices of bread with the chicken, cheese and onions.

Top with the remaining bread slices.

Spread the butter on the top and bottom of the sandwich.

Grill for 2 minutes per side.

Nutrients per Serving:

- Calories 675
- Fat 36 g
- Saturated fat 12 g
- Carbohydrates 52 g
- Fiber 3 g
- Protein 35 g
- Cholesterol 97 mg
- Sugars 11 g
- Sodium 1189 mg

- Potassium 369 mg

Chicken & Cranberry Salad Sandwich



Create this amazing chicken salad sandwich with leftover chicken from last night's dinner. But of course, you don't have to wait until you have leftover chicken to make the sandwich, as you'll find yourself craving for it often.

Serving Size: 8

Preparation & Cooking Time: 30 minutes

Ingredients:

- $\frac{1}{2}$ cup mayonnaise
- 2 tablespoons honey Dijon mustard
- 2 cups rotisserie chicken, sliced into cubes
- 1 cup Swiss cheese, shredded
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{2}$ teaspoon dried parsley flakes
- $\frac{1}{4}$ cup walnuts, chopped
- Pepper to taste

- 16 slices bread, toasted
- 8 lettuce leaves

Instructions:

Mix the mayo and mustard in a bowl.

Stir in the rotisserie chicken cubes, Swiss cheese, dried cranberries, celery, dried parsley, walnuts and pepper.

Top 8 bread slices with the lettuce and chicken salad.

Top with the remaining bread slices.

Nutrients per Serving:

- Calories 411
- Fat 22 g
- Saturated fat 5 g
- Carbohydrates 35 g
- Fiber 5 g
- Protein 20 g
- Cholesterol 49 mg
- Sugars 7 g
- Sodium 469 mg
- Potassium 172 mg

Chickpea Salad Sandwich



This sandwich is as tasty as it is bright and colorful. And it's so easy to prepare as well. Use vegan mayo if you want to make the sandwich vegan.

Serving Size: 6

Preparation & Cooking Time: 15 minutes

Ingredients:

- 15 oz. chickpeas, rinsed and drained
- $\frac{1}{2}$ cup mayo
- 3 tablespoons mustard
- $\frac{1}{2}$ cup onion, chopped
- $\frac{1}{2}$ cup celery, chopped
- 1 tablespoon red wine vinegar
- 2 tablespoons fresh dill, snipped
- $\frac{1}{4}$ teaspoon paprika
- Salt and pepper to taste
- 12 slices multigrain bread

Toppings

- Tomato slices
- Romaine lettuce
- Sweet red pepper slices
- Dill pickle slices

Instructions:

Add the chickpeas to a bowl.

Mash with a fork.

Stir in the mayo, mustard, onion, celery, red wine vinegar, fresh dill, paprika, salt and pepper.

Spread the mixture over 6 bread slices.

Layer with the toppings.

Top with the remaining bread slices.

Nutrients per Serving:

- Calories 295
- Fat 11 g
- Saturated fat 2 g
- Carbohydrates 41 g
- Fiber 7 g
- Protein 10 g
- Cholesterol 7 mg
- Sugars 9 g
- Sodium 586 mg
- Potassium 427 mg

Muffuletta



Muffuletta is a popular sandwich that was first introduced by the Italians who immigrated to New Orleans. It is named after Sicilian sesame bread. For sure, you'll have so much fun preparing this amazing sandwich.

Serving Size: 8

Preparation & Cooking Time: 8 hours and 30 minutes

Ingredients:

- $\frac{3}{4}$ cup olive oil
- $\frac{1}{4}$ cup cocktail onions, drained and sliced
- 3 cloves garlic, minced
- 2 tablespoons capers, drained
- $\frac{1}{2}$ cup Greek olives, pitted and chopped
- $\frac{1}{2}$ cup pepperoncini slices, chopped
- 1 cup olives stuffed with pimiento, chopped
- 1 stalk celery, chopped
- 1 teaspoon dried basil

- 1 teaspoon dried oregano
- $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{2}$ teaspoon celery seed
- Salt and pepper to taste
- 1 lb. Italian bread, sliced
- $\frac{1}{2}$ lb. deli ham, thinly sliced
- $\frac{1}{2}$ lb. salami, thinly sliced
- $\frac{1}{2}$ lb. mortadella slices
- $\frac{1}{2}$ lb. Swiss cheese slices
- $\frac{1}{2}$ lb. Provolone cheese slices

Instructions:

In a bowl, combine the olive oil, cocktail onions, minced garlic, capers, Greek olives, pepperoncini, olives with pimiento, celery, dried basil, dried oregano, red wine vinegar, celery seed, salt and pepper.

Cover the bowl. Then, refrigerate for 8 hours.

Slice the bread in half horizontally.

Carve out space at the top and bottom of the bread to create a shell.

Add the mixture to the top and bottom shells.

Layer the bread with the salami, ham and cheese slices.

Wrap the bread tightly.

Refrigerate for 3 hours.

Slice into wedges before serving.

Nutrients per Serving:

- Calories 762
- Fat 59 g
- Saturated fat 18 g
- Carbohydrates 25 g
- Fiber 2 g
- Protein 35 g
- Cholesterol 103 mg
- Sugars 2 g
- Sodium 2362 mg
- Potassium 350 mg

Spicy Portuguese Cacoila



Cacoila is a Portuguese beef sandwich that's made by braising beef, red peppers and onions, and slowly cooking them in a mixture of butter sauce, tomato sauce and red wine. As you can imagine, this sandwich doesn't fall short of delicious flavors.

Serving Size: 12

Preparation & Cooking Time: 18 hours and 30 minutes

Ingredients:

- 4 lb. pork shoulder
- 1 ½ cups red wine
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 1 teaspoon ground cinnamon
- 3 teaspoons red pepper flakes

- 4 bay leaves
- Salt to taste
- 1 onion, chopped
- $\frac{1}{2}$ cup water
- 12 hoagie buns, split and toasted

Instructions:

Add the pork to a bowl.

Pour in the wine.

Stir in the garlic, paprika, ground cinnamon, red pepper flakes, bay leaves and salt.

Coat the pork with the marinade.

Cover and refrigerate for 12 hours.

Add the pork mixture to your slow cooker.

Add the onion and water.

Cover and cook on low for 6 hours.

Transfer the pork to a cutting board.

Shred using 2 forks.

Serve on buns.

Nutrients per Serving:

- Calories 489
- Fat 20 g
- Saturated fat 7 g
- Carbohydrates 38 g
- Fiber 2 g
- Protein 34 g
- Cholesterol 90 mg
- Sugars 6 g
- Sodium 1075 mg
- Potassium 703 mg

Meatball Sub



This meatball sub will definitely entice you in every way possible. It's loaded with meat and cheese, so you know that it's filling. The meatballs are packed with flavor, so you know the sandwich won't disappoint. Plus, they are easier to make than they look.

Serving Size: 12

Preparation & Cooking Time: 1 hour and 20 minutes

Ingredients:

Meatballs

- 2 lb. ground beef
- 2 eggs, beaten
- 2 tablespoons oil
- ½ cup onion, chopped
- 1 teaspoon dried oregano
- ½ cup breadcrumbs

Sauce

- 2 tablespoons oil
- 1 onion, chopped
- 1 sweet green pepper, chopped
- 30 oz. tomato sauce
- 2 tablespoons mustard
- $\frac{1}{4}$ cup brown sugar
- $\frac{3}{4}$ teaspoon garlic powder
- 2 $\frac{1}{2}$ teaspoons chili powder
- 1 teaspoon hot pepper sauce
- Salt and pepper to taste

For serving

- Hoagie buns, split and toasted
- 2 tablespoons cheddar cheese, shredded

Instructions:

Prepare the meatballs by mixing the ground beef, eggs, oil, onion, dried oregano and breadcrumbs.

Form meatballs from the mixture.

Add the meatballs to a baking pan.

Bake in the oven at 400 degrees F for 20 minutes.

In a pan over medium heat, add the oil and sauté the onion and sweet green pepper for 2 minutes, stirring often.

Pour in the tomato sauce and mustard.

Stir in the brown sugar, garlic powder, chili powder, hot pepper sauce, salt and pepper.

Bring to a boil.

Reduce heat and simmer for 5 minutes.

Add the meatballs to the sauce. Then, toss to coat.

Top the buns with the meatballs with sauce.

Sprinkle the cheese on top.

Toast in the oven until the cheese has melted.

Nutrients per Serving:

- Calories 649
- Fat 31 g
- Saturated fat 10 g
- Carbohydrates 58 g
- Fiber 4 g
- Protein 36 g
- Cholesterol 138 mg
- Sugars 17 g
- Sodium 1369 mg
- Potassium 633 mg

Antipasto Sub



Whether you serve this antipasto sub hot or cold, expect that it'll always be a big hit.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- $\frac{1}{4}$ cup horseradish mustard
- 3 tablespoons mayonnaise
- $\frac{1}{2}$ teaspoon dried oregano
- 4 hoagie buns, split and toasted
- 1 cup baby spinach
- 4 provolone cheese slices
- $\frac{1}{4}$ lb. deli ham slices
- $\frac{1}{4}$ lb. salami slices
- $\frac{1}{4}$ cup roasted sweet red pepper slices
- $\frac{1}{4}$ cup olives, sliced

Instructions:

Preheat your oven to 400 degrees F.
Combine the mayo, mustard and oregano.
Spread this mixture on the buns.
Layer the rest of the ingredients on the bun bottoms.
Top with the bun tops.
Wrap each sandwich with foil.
Bake in the oven for 15 minutes.

Nutrients per Serving:

- Calories 623
- Fat 39 g
- Saturated fat 11 g
- Carbohydrates 43 g
- Fiber 2 g
- Protein 26 g
- Cholesterol 57 mg
- Sugars 10 g
- Sodium 1861 mg
- Potassium 667 mg

Balsamic Beef Sub



This is a no-fail sub recipe made by slow cooking beef in a balsamic sauce. Expect everyone to be delighted with the treat. You'll be surprised at how easy this is to make.

Serving Size: 8

Preparation & Cooking Time: 5 hours and 30 minutes

Ingredients:

- 1 cup beef broth
- 4 cloves garlic, minced
- $\frac{1}{2}$ cup balsamic vinegar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons brown sugar
- 2 lb. beef chuck roast

Sandwiches

- $\frac{1}{2}$ cup mayonnaise

- 8 hoagie buns, split and toasted
- ½ cup basil, chopped
- 4 tomatoes, sliced

Instructions:

In a bowl, mix the beef broth, garlic, balsamic vinegar, Worcestershire sauce and brown sugar.

Add the beef to your slow cooker.

Pour in the broth mixture.

Cover and cook on low for 5 hours.

Shred the beef using 2 forks.

Put the shredded beef back to the pot.

Cook for 10 minutes.

Spread the bread with mayo.

Top with the shredded beef, basil and mayo.

Nutrients per Serving:

- Calories 549
- Fat 26 g
- Saturated fat 7 g
- Carbohydrates 46 g
- Fiber 2 g
- Protein 31 g
- Cholesterol 79 mg
- Sugars 14 g
- Sodium 669 mg
- Potassium 581 mg

Turkey Pesto Sub



Running out of ideas for snacks? Try this unique sub recipe that combines turkey and pesto, stuffing the pair into a hoagie bun. For sure, you'll love it.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 4 teaspoons olive oil, divided
- 1 lb. turkey breast fillet, sliced into strips
- 1 sweet red pepper, sliced into strips
- 1 onion, sliced
- 4 cloves garlic, minced
- $\frac{1}{2}$ cup pesto
- 4 hoagie buns, split and toasted
- 4 Provolone cheese slices

Instructions:

Preheat your broiler.

In a pan over medium heat, add the oil and cook the turkey for 5 minutes.

Transfer to a plate.

Cook the onion and pepper in the same pan for 3 minutes.

Stir in the garlic and cook for 1 minute.

Add the turkey back to the pan.

Pour in the pesto.

Top the buns with the turkey pesto and cheese.

Broil for 2 minutes.

Nutrients per Serving:

- Calories 416
- Fat 27.1 g
- Saturated Fat 8.3 g
- Cholesterol 76 mg
- Sodium 1589 mg
- Carbohydrate 13.2 g
- Fiber 2.1 g
- Sugars 8.8 g
- Protein 30.3 g
- Potassium 489 mg

Apple & Sausage Meatball Sub



Combine apple, sausage meatballs and cheese in a submarine sandwich that's bound to impress each time.

Serving Size: 4

Preparation & Cooking Time: 40 minutes

Ingredients:

- 1 apple, chopped
- $\frac{1}{4}$ teaspoon ground cinnamon
- 1 lb. Italian sausage, removed from casing and crumbled
- 20 raisins
- 2 tablespoons canola oil
- 4 hoagie buns, split and toasted
- 8 slices cheddar cheese

Instructions:

Coat the apple slices with the ground cinnamon.

Stir in the sausage and mix well.

Form meatball from the mixture.

Stuff the meatball with the raisins.

In a pan over medium heat, add the oil.

Cook the meatballs for 5 to 10 minutes, stirring often.

Add the buns to a baking pan.

Top with the meatballs and cheese.

Broil in the oven for 2 minutes or until the cheese has melted.

Nutrients per Serving:

- Calories 791
- Fat 54 g
- Saturated fat 19 g
- Carbohydrates 45 g
- Fiber 2 g
- Protein 34 g
- Cholesterol 121 mg
- Sugars 10 g
- Sodium 1440 mg
- Potassium 1422 mg

Italian Beef Sub



Bring Italian flavors to your home with this fantastic Italian beef sandwich made with slow cooked shredded beef and topped with green bell peppers and cheese.

Serving Size: 12

Preparation & Cooking Time: 8 hours and 30 minutes

Ingredients:

- 3 tablespoons olive oil
- 5 lb. beef chuck roast (boneless)
- Salt and pepper to taste
- 2 onions, chopped
- 9 cloves garlic, chopped
- $\frac{3}{4}$ cup dry red wine
- 4 cups beef broth
- 4 teaspoons Italian seasoning
- 3 sprigs fresh thyme

- 1 ½ teaspoons red pepper flakes
- 4 sweet green peppers, sliced into strips
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 12 crusty submarine buns, split and toasted
- 12 slices provolone cheese

Instructions:

Add 3 tablespoons olive oil to a pan over medium high heat.

Season the beef roast with the salt and pepper.

Cook the beef roast in the pan until browned on all sides.

Transfer the beef to your slow cooker.

Cook the onion in the same pan for 2 minutes.

Stir in the garlic and cook for 30 seconds.

Pour in the wine.

Simmer for 5 minutes.

Add the broth, herbs and spices.

Season with the salt and pepper.

Transfer the mixture to the slow cooker.

Cover and cook on low for 8 hours.

Drizzle the sweet green peppers with 1 tablespoon olive oil.

Season with the garlic powder, salt and pepper.

Add to a baking pan.

Roast in the oven at 350 degrees F for 20 minutes, stirring once or twice.

Take the beef out of the slow cooker. Then, shred using 2 forks.

Put the shredded beef back to the pot.

Heat for 2 minutes.

Top the buns with the provolone cheese, shredded beef and green peppers.

Nutrients per Serving:

- Calories 595
- Fat 30 g
- Saturated fat 11 g

- Carbohydrates 38 g
- Fiber 3 g
- Protein 44 g
- Cholesterol 113 mg
- Sugars 6 g
- Sodium 1134 mg
- Potassium 665 mg

Pastrami & Mushroom Sub



Enjoy meaty goodness with this pastrami and mushroom submarine sandwich that's hearty, delicious and easy to assemble. Simply prepare the ingredients, layer the sandwich and broil it.

Serving Size: 6

Preparation & Cooking Time: 30 minutes

Ingredients:

- 3 tablespoons butter
- 1 onion, sliced
- 2 sweet red peppers, sliced into strips
- 1 lb. mushrooms, sliced
- 2 cloves garlic, minced
- Salt and pepper to taste
- 6 hoagie buns, split and toasted
- 1 ½ lb. deli pastrami slices
- 12 provolone cheese slices

Instructions:

Preheat your broiler.

Add the butter to a pan over medium heat.

Cook the onions, red peppers and mushrooms for 5 minutes, stirring often.

Stir in the garlic.

Cook for 1 minute.

Drain and season with the salt and pepper.

Place the buns in a baking pan.

Layer with the onion mixture and pastrami.

Add the cheese on top.

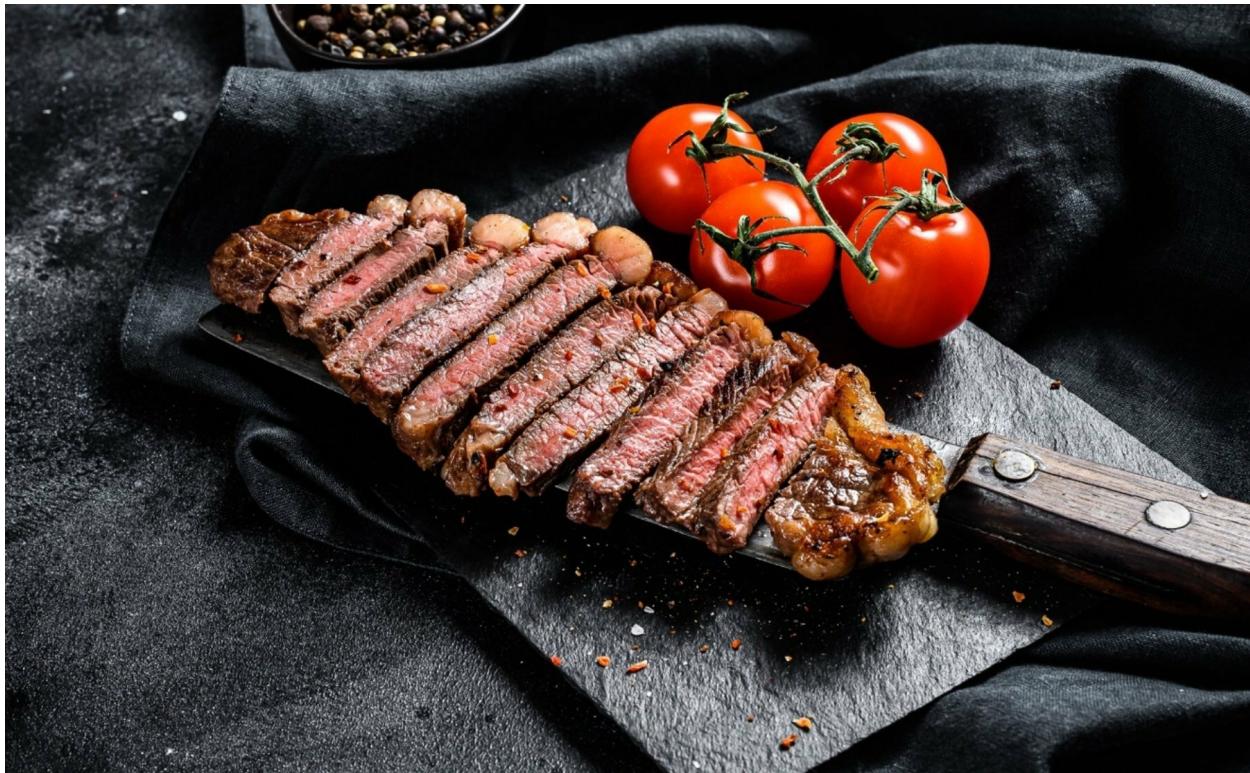
Top with the other bread slices.

Broil for 2 minutes.

Nutrients per Serving:

- Calories 572
- Fat 26 g
- Saturated fat 14 g
- Carbohydrates 43 g
- Fiber 3 g
- Protein 45 g
- Cholesterol 110 mg
- Sugars 9 g
- Sodium 1787 mg
- Potassium 425 mg

Mexican Cheesesteak Sub



Infuse Mexican flavors into your cheesesteak sandwich with this recipe that's very easy to prepare. Add chili powder if you want to spice it up.

Serving Size: 4

Preparation & Cooking Time: 30 minutes

Ingredients:

- 15 oz. refrigerated or frozen beef strips with gravy
- 1 tablespoon canola oil
- 1 onion, sliced thinly
- 1 banana pepper, sliced into strips
- Salt and pepper to taste
- 4 whole wheat hoagie buns, split and toasted
- $\frac{1}{4}$ cup mayonnaise
- 8 pepper Jack cheese slices

Instructions:

Preheat your broiler.

Reheat the beef strips with the gravy. Set aside.

In another pan, cook the onion and pepper for 5 minutes, stirring often.

Season with the salt and pepper.

Arrange the buns on a baking pan.

Mix the mayo and chili powder and spread on the bread bottoms.

Top with the beef strips with gravy, cheese, onion mixture and bread tops.

Broil for 3 minutes.

Nutrients per Serving:

- Calories 600
- Fat 36 g
- Saturated fat 11 g
- Carbohydrates 42 g
- Fiber 7 g
- Protein 32 g
- Cholesterol 90 mg
- Sugars 9 g
- Sodium 1312 mg
- Potassium 526 mg

Coffee Pulled Pork Sub



This is not like any other pulled pork sandwich you've tasted in the past. This one is made by cooking pork shoulder in a sauce mixed with coffee, cinnamon and spices. Coffee gives the pork deep and intense flavors you'd surely love.

Serving Size: 10

Preparation & Cooking Time: 8 hours and 30 minutes

Ingredients:

Pulled pork

- 1 pork shoulder roast
- 1/3 cup coffee beans, ground
- Salt and pepper to taste
- 2 tablespoons canola oil
- 2 ribs celery, chopped
- 1 carrot, chopped
- 1 onion, chopped
- 2 cups chicken broth
- 1 ½ cups brewed coffee

- 2 tablespoons parsley, minced
- 1 teaspoon coriander seeds
- 1 teaspoon ground cumin
- 1 cinnamon stick
- 1 bay leaf
- Pepper to taste

Sandwiches

- 10 hoagie buns, split and toasted
- 10 pepper Jack cheese slices

Instructions:

Slice the roast into 3 portions.

In a bowl, mix the ground coffee granules, salt and pepper.

Rub the mixture on all sides of the roast.

Cook the roast in a pan over medium heat until brown on all sides.

Drain and transfer to a slow cooker.

Add the rest of the ingredients for pulled pork and stir.

Cover and cook on low for 8 hours.

Shred the pork using 2 forks.

Put the shredded pork back to the pot.

Discard the bay leaf and cinnamon stick.

Top the bread with the pulled pork and cheese.

Nutrients per Serving:

- Calories 458
- Fat 23 g
- Saturated fat 8 g
- Carbohydrates 32 g
- Fiber 1 g
- Protein 31 g
- Cholesterol 85 mg
- Sugars 5 g
- Sodium 689 mg
- Potassium 557 mg

Conclusion

Sandwiches come in all imaginable shapes and sizes. They continue to prevail due to their simplicity and convenience.

Apart from that, they are also delightfully appetizing.

This cookbook will introduce you to some of the most impressive sandwich, sub, and burger recipes.

Make sensational and healthier sandwiches, elevate your culinary arsenal, and have loads of fun eating delectable food.

Enjoy!

About the Author

A native of Albuquerque, New Mexico, Sophia Freeman found her calling in the culinary arts when she enrolled at the Sante Fe School of Cooking. Freeman decided to take a year after graduation and travel around Europe, sampling the cuisine from small bistros and family owned restaurants from Italy to Portugal. Her bubbly personality and inquisitive nature made her popular with the locals in the villages and when she finished her trip and came home, she had made friends for life in the places she had visited. She also came home with a deeper understanding of European cuisine.

Freeman went to work at one of Albuquerque's 5-star restaurants as a sous-chef and soon worked her way up to head chef. The restaurant began to feature Freeman's original dishes as specials on the menu and soon after, she began to write e-books with her recipes. Sophia's dishes mix local flavours with European inspiration making them irresistible to the diners in her restaurant and the online community.

Freeman's experience in Europe didn't just teach her new ways of cooking, but also unique methods of presentation. Using rich sauces, crisp vegetables and meat cooked to perfection, she creates a stunning display as well as a delectable dish. She has won many local awards for her cuisine and she continues to delight her diners with her culinary masterpieces.



Author's Afterthoughts



I want to convey my big thanks to all of my readers who have taken the time to read my book. Readers like you make my work so rewarding and I cherish each and every one of you.

Grateful cannot describe how I feel when I know that someone has chosen my work over all of the choices available online. I hope you enjoyed the book as much as I enjoyed writing it.

Feedback from my readers is how I grow and learn as a chef and an author. Please take the time to let me know your thoughts by leaving a review on Amazon so I and your fellow readers can learn from your experience.

*My deepest thanks,
Sophia Freeman*



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