

# Medicated Meatball Sub Casserole Recipe



## What You Need :

### Ingredients

#### Meatballs

- 8oz Ground Beef/Pork
- 1/4 Cup Grated Onion
- 1/4 Cup Dried Bread Crumbs
- 1/2 Cup Grated Parmesan
- 1 T Minced Fresh Parsley
- 2 T Minced Fresh Basil
- 1 Egg, Beaten
- Salt and Pepper, to taste
- 2 T Olive Oil, for browning (Cannabis-Infused)

#### Sauce/Toppings

- 2 T Olive Oil (Cannabis-Infused)
- 1/2 Cup Grated Onion
- 2 Cloves Fresh Garlic, Minced
- 1 T Tomato Paste
- 1 14.5oz Can Crushed Tomatoes
- Small Handful Basil Leaves, Coarsely Torn
- 5 Slices Baguette-Thickly Sliced (I used a rosemary olive oil loaf from a local bakery and cut it myself)
- Additional Cloves Garlic, for bread, if desired
- 4-5 Slices Provolone Cheese

### Supplies

- Large Cast Iron Skillet
- Shallow Baking Sheet (with Wire Rack)
- Metal Tongs
- Silicone Basting Brush

### Time Needed

- 15 min - Prep
- 30 min - Cook
- 45 min - Total Time
- \*Makes 5 Servings\*



\*I used a mixture of concentrated cannabis infused olive oil (meatballs and bread) and infused grapeseed oil from Natural State Medicinals (sauce) to make up for some loss of THC in the cooking process due to high heat. Make sure to use a dosage calculator so you can cook with confidence in your final result and dosage\*

## Directions:

### Step 1: Prep Your Ingredients

- Preheat oven to 400°F
- Combine all meatball ingredients except for the olive oil.
- Form into 2-inch diameter meatballs.
- Place in freezer for 10 minutes.

## Directions continued:

### Step 2: Cooking Your Meatballs

- When your meatballs are properly cooled, heat olive oil in large cast iron skillet, over medium heat.
- Cook meatballs, turning as needed, until browned (about 2 minutes on each side).
- Set meatballs aside.

### Step 3: Making Your Sauce

- Heat 1T olive oil (or grapeseed oil) in large cast iron skillet, over medium heat.
- Add onion, garlic, and tomato paste, saute for about a minute.
- Add crushed tomato and coarsely torn basil, continuing to stir and reduce sauce to your desired consistency.
- Place prepared meatballs into cast iron, evenly distributing sauce over the meatballs.

### Step 4: Baking Your Meatball Sub Casserole

- Brush each side of your bread slices with olive oil and additional garlic, using a silicone basting brush. Place bread slices on wire rack over shallow baking sheet.
- Place cast iron/meatball dish into in the pre-heated oven, alongside bread slices.
- Turn bread slices after 8 minutes, baking the bread and casserole for another 7 minutes.
- Remove meatballs and bread from oven, and set your broiler on high.
- Place bread on single layer on top of meatballs. (I figured 2 meatballs underneath each slice.)
- Cover each slice of bread with provolone cheese slices, cutting them to fit bread if necessary.
- Place skillet/dish back into the oven, broiling your casserole until cheese is melted and toasty.
- Using your metal tongs, carefully transfer meatball sub casserole into a serving dish, or serve right out of skillet!

Enjoy!! (:

## Cooking with Cannabis-Infused Ingredients:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC ; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on an individual's unique body and metabolic rate. In addition, because the THC is digested through your liver and can more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your edible's potency depends on many factors; how it was prepared, the potency of your starting product, as well as considering the strain or concentrate's cannabinoid and terpene concentrations. To test the potency and effect of your finished product, try a smaller amount (<5mg) and see how that dose affects you after 2-3 hours. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

Check out our dosage calculator for help in calculating your edible's dosage @:  
<https://www.plant-family.com/thc-dosage-calculator/>

Happy Cooking!