

MAKEOVER CHEESE -STUFFED SHELLS
FROM NEW CHURCH SUPPER COOKBOOK

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Yield: 12 Servings (2 shells per serving)

Ingredients Shell Stuffing:

- ¾ pound lean ground beef (90%)
- 1 Italian turkey sausage link (4 ounces) –casing removed
- 1 large onion, chopped
- 1 10-ounce package of frozen chopped spinach, thawed, and squeezed dry
- 1 cup ricotta cheese
- 1 egg, lightly beaten
- 1 ½ cups shredded part-skim mozzarella cheese
- 1 ½ cups 4% cottage cheese
- 1 cup grated Parmesan cheese
- 1 cup (4 ounces) shredded sharp cheddar cheese
- 1 teaspoon Italian seasoning
- 1/2 teaspoon ground black pepper
- 1/8 teaspoon ground cinnamon (optional)
- 24 jumbo pasta shells, cooked and drained

Ingredients for Sauce:

- 3 cans (8 ounces each) no-salt-added tomato sauce
- 1 tablespoon minced onion
- 1 ½ teaspoons dried basil
- 1 ½ teaspoons dried parsley flakes
- 2 garlic cloves, minced
- 1 teaspoon sugar
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper.

Directions:

1. Crumble beef and sausage into large nonstick skillet; add onion. Cook and stir over medium heat until meat is no longer pink. Drain
2. Transfer meat and onion to a large bowl. Stir in spinach, ricotta and egg. Add 1 cup mozzarella cheese, cottage cheese, Parmesan cheese, cheddar cheese, Italian seasoning, black pepper, and cinnamon (if desired). Mix well.
3. Stuff pasta shells with meat mixture. Arrange stuffed shells in two 11" x 7" baking dishes (maybe two of our normal aluminum pans) sprayed with Pam or other cooking spray.
4. Combine the sauce ingredients and spoon over shells.
5. Cover with foil and bake at 350 degrees for 45 minutes. Uncover and sprinkle with remaining mozzarella cheese. Bake 5-10 minutes longer or until bubbly and cheese is melted. Let stand for 5 minutes.