

## **Beefy Italian Stuffed Shells**

An elegant way to elevate leftover beef Pot Roast or Brisket. Shred the meat and mix with cheese, egg, parsley and garlic, then gently fill pasta shells and top with sauce.

## **INGREDIENTS**

12 oz cooked beef Pot Roast or Brisket

20 uncooked jumbo pasta shells (about 8 ounces)

1 cup lowfat cottage cheese

3/4 cup grated Parmesan cheese, divided

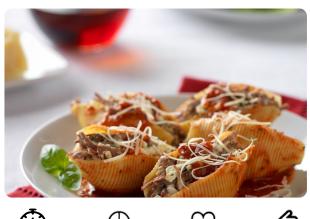
1 large egg, slightly beaten

1 tablespoon chopped fresh parsley or 2 teaspoons dried parsley leaves

2 teaspoons minced garlic

1 jar (24 ounces) pasta sauce

Chopped fresh basil (optional)



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45 Min

Servings

42 Ca

Protein

## **COOKING**

- 1. Preheat oven to  $375^{\circ}F$ . Prepare pasta shells according to package directions; drain. Set aside. Shred beef Pot Roast with two forks.
- $2. \ Meanwhile, combine shredded beef, cottage cheese, 1/2 \ cup \ Parmesan \ cheese, egg, parsley \ and \ garlic \ in \ large bowl.$
- 3. Fill shells evenly with beef mixture. Spread 1 cup pasta sauce on bottom of 11 X 7-inch glass baking dish. Arrange shells in dish; top with remaining sauce.
- 4. Cover with aluminum foil. Bake in 375°F oven 20 minutes. Remove foil; sprinkle with remaining 1/4 cup cheese. Bake, uncovered, 5 to 8 minutes or until cheese is slightly browned and sauce is bubbly. Season with salt and pepper, if desired. Garnish with basil, if desired.

## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		13g	119mg		20g	40g	1	0

<sup>\*</sup>The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com							
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