

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 ounces 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)



45 Min



4
Servings



42 Cal



40g
Protein

COOKING

1. Preheat oven to 375°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

*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.

