

## SPOTLIGHT RECIPE

# MEATY MANICOTTI (GROUND BEEF)

Manicotti, a beloved Italian-American dish, has been a staple on dinner tables for generations. The tender, cylindrical pasta shells filled with a rich, meat-based sauce and melted mozzarella cheese evoke feelings of comfort and nostalgia.

**SERVES 6**



### INGREDIENTS

- 12 uncooked manicotti shells
- 2 pounds ground beef
- 2 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 cup chopped basil
- 1/4 cup chopped parsley
- 2 cup cooked spinach
- 1 cup red and green peppers
- 1/2 cup cooked onions
- 2 cups shredded part-skim mozzarella cheese
- 3 ounces cream cheese, cubed
- 4 cups marinara sauce
- 1/4 cup grated Parmesan cheese

### DIRECTIONS

Add 8 cup of water to a pot. Cook the manicotti shells for 10 minutes.

Cook the beef in a sauté pan over medium heat for 8 minutes. Add the garlic, salt, basil and parsley, cooked spinach, peppers and onions; cook for 4 minutes.

Stuff each shell with about 1/4 cup of the meat mixture and mozzarella cheese and cream cheese. Arrange in a baking dish. Pour the remaining sauce over the top of the manicotti. Sprinkle with the Parmesan cheese. Cover and bake at 350 F for 40 minutes.

#### Side dish

Fried Leeks

