

Choco Fever Dream

Beef Stuffed Shells With Creamy Ricotta Filling

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 24 jumbo pasta shells
- [ ] 2 cups ricotta cheese
- [ ] 1 cup shredded mozzarella
- [ ] ½ cup grated Parmesan
- [ ] 2 cups marinara sauce
- [ ] 2 tbsp olive oil
- [ ] 1 small onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] ¼ cup fresh basil, chopped

Seasoning

- [ ] 1 tsp salt
- [ ] ½ tsp black pepper
- [ ] ¼ tsp nutmeg (optional)
- [ ] Red pepper flakes to taste

Instructions

1. Preheat the oven to 375°F (190°C). Bring a large pot of salted water to a boil, add the shells, and cook for 2 minutes less than package directions; drain and set aside.
2. In a skillet, heat olive oil over medium heat. Add onion and garlic, sauté until translucent, then add the ground beef. Brown the meat, breaking it up, and season with salt, pepper, and nutmeg. Drain excess fat.
3. Stir in the marinara sauce and half of the fresh basil, letting it simmer for 5 minutes. Remove from heat.
4. In a bowl, combine ricotta, half of the mozzarella, half of the Parmesan, and a pinch of red pepper flakes. Fold in the beef-tomato mixture gently.
5. Stuff each shell with the beef-ricotta filling, placing them seam-side up in a greased 9x13-inch baking dish.
6. Top with the remaining mozzarella and Parmesan, cover with foil, and bake for 20 minutes.
7. Remove foil and bake an additional 10–12 minutes, until cheese is golden and bubbling. Let rest 5 minutes before serving.

Nutrition per serving

420 kcal	26 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce is too thick, add a splash of water or broth before baking.
- Feel free to add a handful of spinach to the ricotta mixture for extra greens.
- For a richer flavor, sprinkle a little smoked paprika into the beef.