One-Pan Unstuffed Shells



Prep Time: **15 minutes** Cook Time: **25 minutes** Serves: **4 Servings**
Serving Size: **2 cups (500 mL)**

Everyone loves stuffed pasta shells but not the finicky preparation and long cook time. These one-pan unstuffed shells have all the same ingredients and flavours as the larger more finicky kind, but they cook in one pan on the stove in less than 30 minutes.

Ingredients

- ½ tsp (2.5 mL) red chili flakes
- 1 lb./454 g extra- lean ground beef
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 can (398 mL) diced or crushed tomatoes
- 1 cup (250 mL) each reduced-sodium beef broth and water
- 240 g large pasta shells (about 3 cups/750 mL), uncooked (note: do not use the jumbo shells)
- 4 cups (1 L) baby spinach leaves
- 1 cup (250 mL) 1% cottage cheese
- ½ cup (125 mL) coarsely chopped fresh basil or 1 Tbsp (15 mL) dried basil
- ¼ cup (60 mL) grated Parmesan cheese

Instructions

1. Heat deep nonstick frying pan over medium heat. Add red chili flakes and ground beef. Cook, breaking up the beef with a spoon, for 5 minutes before adding onion and garlic. Continue to cook for another 5 minutes.
2. Add tomatoes, broth and water to pan. Increase heat to high and bring to the boil. Stir in pasta, reducing heat to maintain a rolling boil and cook, uncovered for 12 minutes, stirring occasionally.
3. Stir in spinach, cottage cheese and basil and continue to cook for 2 to 3 minutes until heated through and spinach has wilted. Top with Parmesan cheese and let stand for 3 to 5 minutes before serving.

Tips

- **Substitution:**
  Frozen spinach works well too. Substitute 2 cups (500 mL) frozen, chopped spinach for the baby spinach leaves.
- **Alternative:**
  If you can't find smaller cans of crushed tomatoes, you can use 1 ¾ cups (375 mL) from a larger can or you can use passata.
- **Veg it up:**
  If you don't enjoy spinach, feel free to substitute 2 cups (500 mL) of any of the following: sliced mushrooms, grated zucchini, chopped canned artichoke hearts or finely chopped peppers.

Nutritional Information

2 cups (500 mL)

Amount	% Daily Value
Calories 520	
Fat 12 g	**16** %
Saturated Fat 5 g + Trans Fat 0.3 g	**27** %
Cholesterol 70 mg	
Sodium 620 mg	**27** %
Carbohydrate 57 g	
Fibre 5 g	**18** %
Sugars 8 g	**8** %
Protein 44 g	