

Beefy Shell Pasta Dish

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This beefy shell pasta dish is delicious and healthy full of good for you vegetables. A little secret shsssss don't tell my family, I add chopped spinach to a lot of my recipes.

It's a good way to get our picky eaters to eat some greens and a good place to put them is in this pasta dish recipe.

It's a cozy family meal that comes together quick, is easy and doesn't need a lot of ingredients.

It can be on your table in 30 minutes, not only is it quick and easy it's real good, and that's not even the best part, the best part ONE PAN COOKING!!!

It's a great recipe for those busy night, when commitments are long and time is short, or fancy enough for special meals with friends.

Customize This Beefy shell pasta Dish

This beefy shell pasta dish recipe is easy to customize to fit your lifestyle and taste.

The recipe calls for 2 cups of spinach if your family likes spinach, by all means add more, I do. I used ground beef, you can go a healthier route and use chicken, or ground turkey if that s what you prefer.

It doesn't matter how much spinach you use, what shaped pasta or what meat you use, this recipe is sure to become a family favorite in your home as it has in mine!!!!

One thing that does matter in this beefy shell pasta dish recipe, or any one pan meal is to be sure to use the right size pan to hold all the ingredients. I've linked my favorite.

I hope you try this easy comforting recipe and please leave me a comment when you do. I love hearing from you it's my favorite part!!!

Ingredients

- 1/2 Lbs. shell pasta
- 1 Lbs. lean ground beef
- 2 cups spinach chopped
- 1 chopped onion
- 2 peeled and chopped carrots
- 2 chopped celery stalks
- 1 chopped bell pepper
- 1 tablespoon chopped garlic
- 1 14.5 oz. can chopped tomatoes
- 1 14.5 oz. con tomato sauce
- 1 cup chicken stock
- 1 cup grated parmesan
- 2 Tbs. paprika
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- 2 Tbs. each olive oil and butter

• **Instruction**

- 1. Heat oil and butter to medium heat add onion and garlic saute until tender and just beginning to brown
- Add the carrots, bell pepper and celery saute just a few minutes to blend flavors
- Add ground beef cook until brown salt and pepper to taste
- Add tomatoes and chicken stock
- Simmer covered 15 minutes
- Add pasta simmer 15 minutes longer
- Add the parmesan cheese, spinach and herbs last 5 minutes

- Salt and pepper to taste