

Creamy vegetarian tomato soup

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Rich and comforting creamy vegetarian tomato soup is the ultimate comfort food with the perfect blend of bold tomato flavors and velvety smoothness. Made with ripe tomatoes, and aromatic vegetables and herbs. this soup captures the essence of simple, wholesome and deliciousness. The addition of cream elevates the dish to a luscious, satisfying texture that warms the soul with every spoonful. It's a timeless recipe that feels like a warm hug, whether you're enjoying it as a light lunch or pairing it with a hearty sandwich for dinner.

What makes this tomato soup truly special is it's simplicity and versatility . Freshly roasted tomatoes and vegetables lend a rich depth of flavor. while the garlic and fresh basil add an earthy freshness. Roasting the tomatoes and vegetables is a delicious way to highlight the natural sweetness of the tomatoes.

Serving suggestions for this creamy vegetarian tomato soup

This creamy vegetarian tomato soup is as versatile in presentation as it is in preparations. Garnish each bowl with a swirl of sour cream, a sprinkle of freshly cracked black pepper, or even a handful of crunchy croutons for added texture. Pair it with a slice of buttery garlic bread or a classic grilled cheese sandwich for an unbeatable combination. If your are entertaining, serve it in small cups as an elegant appetizer. This soup is more than just a meal it is a celebration of simplicity and deliciousness, perfect for chilly evenings , or a quick, satisfying meal any time of the

day.

As you make this creamy vegetarian tomato soup your own feel free to experiment and add your own personal touch. Whether you prefer it spicy, herby, or extra creamy, it's a versatile recipe that invites creativity. So, grab a pot , gather your ingredients, and treat yourself to a dish that's as comforting as it is delicious. Happy cooking everyone!!!!

Ingredients

- 2 Lbs. ripe tomatoes (Roma or vine ripened)
- 1 red bell pepper
- 2 peeled carrots
- 2 celery stalks
- 1 large onion quartered
- 4 gloves peeled garlic
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 3 cups vegetable or chicken stock
- 1 cup heavy cream
- fresh basil leaves for garnish

Instructions

1. Preheat your oven to 400-degrees
2. prepare the vegetables by cleaning them and cutting into large dice.
3. place the tomatoes, celery, onion, garlic, red bell pepper and carrots in an oven poof dish. drizzle with the olive oil , salt and pepper to taste, and roast for 25-35 minutes until caramelized.
4. Then add the roasted vegetables to a a stock pot or Dutch oven add the stock and cream and simmer over low heat for 10 minutes.
5. use an emersion blender or food processor and blend until smooth.

6. Adjust your seasonings, ladle into soup bowls top with fresh basil leaves. ENJOY!!!!

Vegetarian stuffed eggplant rollatini

Vegetarian stuffed eggplant rollatini

Vegetarian stuffed eggplant rollatini is a delicious dish that marries tender slices of roasted eggplant with a creamy ricotta filling, then baked to perfection in my marinara tomato sauce.

This Italian -inspired recipe is as satisfying as it is beautiful, with its rolled presentation and layers of flavor. It's a great option for vegetarians or anyone looking for a lighter twist .

The filling is typically made with a rich blend of ricotta, spinach, egg and parmesan and seasoned with simple Italian herbs. Once stuffed and rolled, the eggplant rollatini are nestled into a marinara sauce lined casserole baking dish topped with more sauce and parmesan and baked. This dish is perfect for dinner parties, family meals or part of an Italian -inspired spread.

Why you will love this vegetarian stuffed eggplant rollatini

It's a lighter comfort food:. This vegetarian stuffed eggplant rollatini recipe has all the flavors of classic Italian comfort dishes, but with a lighter twist. By using eggplant instead of pasta , you get a meal that's satisfying without being heavy. It's the perfect way to enjoy rich flavors while keeping it vegetarian.

Versatile: Whether you're serving vegetarians or experimenting with meatless Mondays, or simply looking to change up your dinner routine this dish is surefire hit. The customizable filling options means you can make this recipe to fit your lifestyle and taste.

Packed with Italian flavors: Every bite bursts with the best of Italian food- creamy ricotta, fragrant herbs, tangy marinara, and just the right amount of cheese. It's a dish that brings the comfort of a classic Italian kitchen straight to your table.

It can be made ahead of time: Vegetarian stuffed eggplant rollatini is an excellent make-ahead dish, perfect for busy weeknights, or feeding a crowd. You can prepare the entire recipe in advance by assembling the rolls, layering them in the sauce, and covering the dish with foil before storing in the refrigerator for up to two days, then baking when you are ready to serve. It's also freezer friendly!!!!

Ingredients

- 2 medium size eggplant
- 4 cups ricotta cheese
- 1 cup grated parmesan cheese

- 2 cups finely chopped spinach
- 2 Tbsp. chopped Italian parsley
- 1 egg
- salt and pepper to taste
- 4 cups my easy marinara sauce

Instructions

1. Start by cleaning the eggplant then cut on the long side into thin slices
2. Salt and pepper the eggplant drizzle with olive oil and bake in a 375- degree preheated oven for 10- 15 minutes to soften .
3. In the meantime make the filling in a bowl add the ricotta, parmesan, spinach, parsley, egg, salt and pepper and mix until well combined.
4. Then place 2 tbsp. of the filling in the center of each eggplant slice and roll jelly roll style.
5. In an oven proof casserole dish spread half of the marinara sauce place the eggplant rollatini in the casserole dish seam side down. Top with the remaining marinara, additional parmesan and bake in a 375-degree preheated oven for 45 minutes. Top with fresh basil, ENJOY!!!!!!

Creamy vegetarian mushroom soup

Creamy vegetarian mushroom soup

When it comes to soul -warming comfort food, nothing beats a hearty bowl of creamy vegetarian mushroom soup. But this isn't your average mushroom -soup It's infused with Italian flavors, making it both rustic and delicious. With earthy mushrooms, a touch of garlic, fragrant herbs and cream, this soup is a vegetarian delight that feels indulgent .

This creamy soup is prefect for chilly nights or as a starter for an Italian – inspired dinner. It's rich earthy flavors and creamy texture are elevated by the herbs, sherry wine and cream, creating a delicious dish .

Best mushroom for this creamy vegetarian mushroom soup

Mushrooms are the star of this recipe, and the variety you choose will define it's taste. Here are some excellent options.

Cremini (baby portabella) : These are slightly more flavorful than white button mushrooms and add a rich , nutty base. This is the mushroom I used in this recipe.

Shitake their smoky and earthy taste adds a gourmet taste. Make sure to remove the woody stems before cooking.

Porcini these dried Italian favorites pack an intense woody flavor. Rehydrate them before using.

Button mushrooms are a classic choice, these mild mushrooms are widely available and perfect for adding along with more robust flavored mushrooms.

Portabella their meaty texture and flavor are ideal for a heartier soup. In this recipe I used just cremini mushrooms. You can use a variety of your favorite mushrooms or stick to the one you like the most.

Whether you stick to one variety or experiment with a mix of mushrooms, this creamy vegetarian mushroom soup will warm your soul!!!

Ingredients

- 1 Tbsp. olive oil
- 1 Tbsp. butter
- 1 lb. sliced cremini mushrooms
- 1/2 cup minced shallots
- 1 Tbsp. minced garlic
- 3 Tbsp. cornstarch
- 2 teaspoons dried thyme
- 1/2 cup dry sherry
- 4 cups vegetable broth
- 1 cup heavy cream
- salt and pepper to taste
- 1 Tbsp. chopped Italian parsley for garnish

Instructions

1. Heat the oil and butter in a Dutch oven over medium high heat. Add the mushrooms. cook , stirring occasionally . until lightly brown, about 6 minutes.
2. Stir in the shallots, garlic and thyme: cook until the shallots are soft and translucent , about 5 minutes. Add the wine cook scraping up any browned bits until absorbed. Salt and pepper to taste
3. Sprinkle the cornstarch over the mushrooms cook stirring constantly for 2 minutes.

4. Add the broth, cream bring to a boil, then lower the heat to a simmer , cover and cook for 20 minutes.
 5. Ladle into soup bowls , garnish with the Italian parsley. ENJOY!!!!!!
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Tortellini al chicken brodo

Tortellini al chicken brodo

Few dishes embody the warmth and tradition of Italian food like tortellini al chicken brodo, a classic chicken soup that's both comforting and elegant. This timeless recipe is perfect for chilly days, family gatherings or when you need a taste of home.

Hailing from Emilia – Romagna tortellini are delicate pasta filled with savory ingredients like meat , cheese or a combination of both. When paired with a rich, golden chicken broth (brodo) , this dish becomes a delicious show stopper. Whether served as a starter for a festive meal or as the star of a cozy dinner, tortellini al brodo is a testament to the heartwarming simplicity of Italian cooking. Each bite is a reminder that the best meals are those made with love and shared with those we hold dear.

Why you'll love Tortellini al chicken brodo

Tortellini al chicken brodo is the ultimate comfort food with a touch of elegance. The combination of tender , flavorful cheese tortellini in a rich , homemade chicken broth creates

a dish that feels both indulgent and nourishing. It's a meal that warms you from the inside out, making it perfect for cozy nights, festive gatherings or when you simply need a bowl of something heartwarming.

What makes this dish truly special is it's versatility and timeless appeal. Whether you use store-bought tortellini (like I did) for convenience or make them by hand to honor tradition, the result is always delicious. . Topped with freshly grated parmesan cheese each bite feels like a celebration of Italian heritage. It's a recipe you'll want to return to again and again. ENJOY!!!!

Ingredients

- 1 whole chicken cleaned and cut
- 2 large carrots peeled and cut into chunks
- 2 celery stalks cut
- 1 large onion peeled and halved
- A few garlic cloves
- 1 handful of uncut Italian parsley
- a few bay leaves
- 10 -12 cups of water
- 1 Tbsp. whole peppercorns
- Salt to taste
- 1/2 lb. cheese and spinach tortellini
- grated parmesan cheese for serving

Instructions

1. Cut and wash the chicken. Then Salt and pepper it. Place the chicken in a large stock pot or Dutch oven. Add the carrots, celery, onion, garlic, parsley, bay leaves and peppercorns. Salt to taste
2. Pour in enough water to completely cover the chicken and vegetables (about 10 -12 cups)
3. Bring the pot to a boil over medium high heat. Once

boiling reduce the heat to low and let it simmer slowly. Skim off any foam or impurities that rise to the surface during the first 20 minutes of cooking. Cook low and slow. Cover and simmer for 1 -1 1/2 hours.

4. Carefully remove the chicken and vegetables from the pot. Let cool slightly before shredding the breast of the chicken. Strain the broth through a fine- mesh sieve back into the cleaned pot, bring to a boil and add the tortellini and the shredded chicken simmer for 10 minutes or until the tortellini are tender. Ladle into soup bowls top with grated parmesan cheese. ENJOY!!!!

Creamy Sausage tortellini soup

Creamy sausage tortellini soup

Happy New Year!!! As we welcome a fresh start and set our intentions for the coming year ahead, there's something comforting about kicking off the day with a hearty, soul-warming meal. After all the holiday feasts and celebrations, today calls for something warm and simple: Creamy sausage tortellini soup.

This soup is the perfect way to ease into the new year. It's a one-pot wonder that combines spicy Italian sausage, tender spinach and cheese tortellini, and a rich , creamy broth that feels indulgent without being over the top. Whether you're recovering from late night festivities or spending the day

with loved ones, this dish brings comfort and joy to the table.

The best part ? It's incredibly easy to make, so you can spend less time in the kitchen and more time enjoying the day. Pair it with some crusty bread or a side salad, and you have a complete meal .

Variations for this creamy sausage tortellini soup

1. If you like extra spicy add 1 Tablespoon of hot pepper flakes for extra heat. Or if you don't like spicy use mild Italian sausage.
2. If you want to go the vegetarian route leave out the sausage altogether and use vegetable broth instead of chicken stock.
3. Add more vegetables like diced zucchini for extra nutrition. Swap spinach for Swiss chard or arugula or add a little of all of them.
4. Relace the tortellini with gnocchi or small shaped pasta like orecchiette. These variations ensure your creamy sausage tortellini soup stays exciting and versatile , perfect for any occasion. ENJOY!!!

Ingredients

- 1/2 lb. cheese and spinach tortellini
- 2 Tbsp. olive oil
- 1 cup each chopped onion + celery+ carrots
- 1/2 lb. spicy Italian sausage
- 2 cups tomato sauce
- 4 cups chicken stock
- 1 cup water
- 1 cup heavy cream
- 1 cup grated parmesan

- 3 cups chopped spinach

Instructions

1. Start by cooking the celery, onion and carrots in the two tablespoons of olive oil over medium high heat in a stock pot or Dutch oven until soft and translucent.
 2. Add the sausage and cook until brown breaking it up as you go.
 3. Then add in the tomato sauce ,chicken stock, water and heavy cream cover and simmer for 20 minutes. Then add the tortellini and simmer 10 minutes longer. Add the spinach and parmesan cheese the last 5 minutes
 4. Salt and pepper to taste. ENJOY!!!
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Easy savory puff pastry twists

Easy savory puff pastry twists

If there's one thing I can guarantee about these Easy savory puff pastry twists, It's that they are going to disappear fast, so be sure to put some aside for yourself first. layers of puff pastry , cheese , pesto and marinara all twisted into golden deliciousness. Forget about store-bought snacks: you have everything you need for a crowd – pleasing appetizer right here. Plus, it's so easy to make!!!.Whether you 're hosting a party or need a quick finger food for game day,

these golden, flaky twists are guaranteed to be a hit.

Why you will love these Easy savory puff pastry twists

Savory puff pastry twists are the ultimate crowd-pleasing appetizer because they combine bold flavors with a visually appealing presentation. The golden flaky layers of puff pastry offer a crunch that perfectly complements the rich pesto, tangy marinara and cheese. Their twist shape makes them look sophisticated while remaining so easy to make, making them a go-to choice for any host.

What makes these appetizers even more ideal is their versatility. They can be made ahead of time, allowing you to focus on enjoying your guests instead of being stuck in the kitchen. Served warm or at room temperature, they hold their flavor and texture beautifully. Plus, their easy-to-hold, mess-free design makes them perfect for mingling and grazing.

These easy savory puff pastry twists with pesto, marinara and parmesan are the perfect combination of flavor, simplicity, and style. Whether you're hosting a party, contributing to a potluck, or looking for a quick snack these twists will be a hit. Give them a try, and watch your family and friends come back for seconds (and thirds). ENJOY!!!!

Ingredients

- 2 puff pastry sheets
- 1/2 cup marinara sauce
- 1/2 cup pesto
- 1 cup grated parmesan
- 1 Tbsp. melted butter
- 1 Tbsp. chopped Italian parsley

Instructions

1. Preheat your oven to 375-degees. Line a baking sheet with parchment paper.
 2. Bring the puff pastry to room temperature. Then on a lightly floured surface slightly roll out the dough.
 3. Spread one sheet with first the pesto and then the marinara a sauce. Sprinkle with the grated parmesan. Top with the remaining sheet of puff pastry. Press the edges to seal.
 4. Cut the puff pastry dough into 1 inch wide strips on the shorter side . You should have 16 strips. Then twist them. Brush with the the melted butter. Top with additional grated parmesan.
 5. Bake for 15 -20 minutes or until golden brown. Sprinkle with the chopped Italian parsley. ENJOY!!!!
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Italian sausage and lentil pasta

Italian Sausage and lentil pasta

As the clock ticks down to midnight on New Year's Eve, Italians across the country prepare for a meal steeped in tradition and symbolism: Italian sausage and lentil pasta. This hearty and flavorful dish combines savory sausage with tender lentils, ingredients chosen for more than just their taste. Lentils, with their small , coin-like shape are

believed to bring prosperity and good fortune in the coming year. The sausage, rich and satisfying, symbolizes abundance, a wish for a year filled with plenty.

This beloved meal is often enjoyed as part of a festive New Year's feast, paired with sparkling wine and the warmth of holiday gatherings. The lentils, typically cooked with aromatic herbs and a touch of tomato, melts deliciously with the pasta and the flavorful juices of the Italian sausage. It's not just a dish, it's a hopeful gesture, a culinary tradition meant to set the tone for a prosperous and joyous year ahead. Whether you're Italian or simply inspired by this custom, making Italian sausage and lentil pasta is a delicious way to ring in the new year with a little bit of tradition and a whole lot of flavor.

Variations for this Italian sausage lentil pasta

1. I am using spicy Italian sausage in this recipe. If you don't like spicy you can use mild sausage. But if you want extra spice add a tablespoon of hot chili flakes along with the spicy Italian sausage, for an extra kick.
2. Add extra nutritional value by adding extra vegetables. Like zucchini and spinach. You can also up the measurements of the onions, carrots and celery.
3. If you want to go the vegetarian route with this recipe you can leave out the sausage and use vegetable stock . This Italian sausage lentil pasta is the prefect dish to ring in the New Year with tradition and flavor. The hearty combination of tender lentils, savory sausage, and perfectly cooked pasta creates a comforting meal steeped in Italian heritage. Whether you're celebrating with loved ones or enjoying a night in, this dish brings good fortune, deliciousness, and warmth to the table. Here's to a prosperous and flavorful New Year!!!!

Ingredients

- 1/2 lb. spicy Italian sausage crumbles
- 2 Tbsp. olive oil
- 1 cup each chopped onion + celery +carrots
- 1 Tbsp. minced garlic
- 3 cups rinsed lentils
- 2 Tbsp. tomato paste
- 3 cups chicken stock
- 2 cups water
- 1 cup small shaped pasta
- 1/2 cup chopped Italian parsley
- 1/2 cup grated parmesan cheese
- salt and pepper to taste

Instructions

1. Start by adding the olive oil to a stock pot or dutch oven over medium high heat. Then add the Italian sausage and cook until brown, breaking it up as you go.
 2. Once the sausage is browned add the onions, celery, and carrots. Cook until the vegetables are soft and translucent.
 3. Then add in the tomato paste, chicken stock, and water bring to a boil. Lower the heat add the lentils and simmer covered for 30 minutes or until the lentils are tender. Then add in the the pasta and simmer 7-10 minutes longer.
 4. Add the Italian parsley. Ladle into pasta bowls . Top with additional freshly grated parmesan and Italian parsley. ENJOY!!!!
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Shrimp stuffed calamari steaks

Shrimp stuffed calamari steaks

When you think of calamari, your mind might go straight to fried calamari rings served with marinara sauce. But there is so much more to this versatile seafood. Today, I am sharing a recipe for shrimp stuffed calamari steaks- a dish that is as impressive as it is delicious. Perfect for special occasions or an elevated weeknight dinner. These tender calamari steaks are filled with a savory shrimp mixture and simmered in marinara sauce. Despite it's sophisticated presentation, this recipe is surprisingly easy to make, perfect for all levels of cooks.

Here are ways to make shrimp stuffed calamari steaks easy

1. Make the shrimp stuffing up to two days ahead of time and store in an airtight container in the refrigerator. When ready to cook, simply stuff the calamari and proceed with the recipe.
2. You can assemble the stuffed calamari steaks the day before. Roll them up , secure with toothpicks and store covered in the fridge. When it's time to cook simmer them fresh for the best texture and flavor.
3. Make my easy marinara sauce ahead of time. In fact you should always have marinara sauce on hand it is used in so many recipes. It is one of my kitchen staples. By doing the prep work ahead of time, you can focus on the

final cooking steps and enjoy the meal with minimal last-minute effort!!!!

Ingredients

- 4 calamari steaks
- 1/2 lb. large shrimp cleaned and chopped
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1/2 cup finely chopped celery
- 1/2 cup breadcrumbs
- 1/3 cup grated parmesan
- 1/3 cup chopped Italian parsley
- 2 cups marinara

Instructions

1. Start by pounding the calamari thin salt and pepper to taste. set aside while preparing the filling
2. In a saute pan over medium high heat in the two tablespoons of olive saute the onion, garlic and celery until soft and translucent. Then add the chopped shrimp and cook until the shrimp are cooked about three minutes.
3. In a bowl add the breadcrumbs, parmesan , Italian parsley and mix until well combined. Then add in the shrimp mixture and mix well.
4. Divide the filling among the four calamari steaks.
5. Roll the calamari steaks around the filling securing with toothpicks.
6. In a saute pan add the marinara sauce. Add the stuffed calamari.
7. Simmer covered for 20 minutes. ENJOY!!!!

Arancini Italian rice balls

Arancini Italian rice balls

Arancini are golden, Italian fried rice balls filled with a rich , delicious meat sauce and creamy mozzarella cheese. They are an Italian street food that can be found all over Italy. These delicious rice balls whose name means “little oranges” in Italian due to their shape and color, are a beloved snack or appetizer enjoyed across Italy. With variations reflecting the unique flavors of different regions. From the classic meat and mozzarella- filled version to modern twist featuring saffron, peas or even vegetarian fillings. Whether served at an elegant dinner party or grabbed from a street vendor , arancini are the perfect blend of texture and taste- crunchy on the outside, tender and rich on the inside.

Steps to Make this Arancini Italian rice ball recipe easy

Making arancini can be simplified with a well- thought-out prep plan.

Step one: Prep the rice or risotto a day or two in advance and refrigerate it.

Step two: The day your making arancini step up a workstation with everything you need: a bowl of your risotto , cubed mozzarella, meat filling, seasoned breadcrumbs and beaten egg.

Step Three: Shape the rice balls around the filling, dip in the egg and roll in the breadcrumbs. Arrange them on a parchment lined baking sheet. This step can be done hours ahead or even a day ahead- just cover with plastic wrap and refrigerate until you are ready to fry.

Step 4: Fry the arancini in hot oil until golden and crispy. Work in batches to avoid overcrowding the pan. If you're short on time or prefer a lighter version , bake them in the oven or air fryer. Serve hot.

By breaking the recipe into manageable steps and preparing in advance, you will find making arancini far less intimidating , leaving you more time to enjoy these crispy Italian rice balls.

Ingredients

- 4 cups leftover rice or risotto
- 1 cup grated parmesan cheese
- 1 egg
- 2 Tbsp. chopped Italian parsley
- FOR THE MEAT FILLING
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup chopped celery + 1 cup peeled and chopped carrot
- 1 cup diced pancetta or bacon
- 1/2 lb. ground beef + 1/2 lb. ground pork
- 1/2 cup red wine
- 2 cups crushed tomatoes
- 2 Tbsp. tomato paste
- 1 cup water
- 1 Tbsp. dried Italian herbs
- 1 cup peas (optional)
- Ingredients to assemble:
- 4 mozzarella sticks cut into 4 pieces

- INGREDIDENTS FOR THE COATING
- 1 egg slightly beaten
- 2 cups breadcrumbs
- 1/2 cup grated parmesan
- 1 Tbsp. chopped Italian parsley

Instructions

1. Mix the cooked rice with 1 egg , 1 cup of grated parmesan cheese and the Italian parsley, salt and pepper to taste. Set aside while preparing the meat filling.
2. To make the meat sauce: Start in 2 Tbsp. of olive oil by cooking the pancetta or bacon until crisp, then add the celery, onion, garlic and carrots and cook until soft . Once the vegetables are soft add the meats and cook until browned breaking up the meat as it cooks.
3. Add the wine and let it evaporate before adding the tomato paste and water. Bring to a boil, then turn down to a simmer cover and cook for one hour. If using peas add them to the meat sauce the last 10 minutes .
4. This recipe uses about 3 cups of meat filling any leftovers can be used for pasta sauce.
5. To assemble and fry; the rice should be warm for easier forming , if the rice has be in the fridge warm in the microwave.
6. Wet your hands this will make forming the rice balls easier. Take about 1 Tbsp. of rice and flatten into your cupped hand. Place 1Tbsp. of the meat filling and 1 piece of the mozzarella in the center and roll into a ball making sure all the filling is covered .
7. Then in a bowl mix the breadcrumbs with the parmesan cheese and Italian parsley. In another bowl whisk the egg slightly
8. Dip the arancini balls first in the egg and then in the breadcrumb mixture. Now refrigerate for 30 minutes or even overnight.
9. Then bring 3 cups of canola – olive oil blend to medium

high heat and fry the rice balls until golden brown about 5 minutes.

10. Drain on absorbent paper . serve hot. ENJOY!!!!!!

Sausage stuffed shells with bechamel

Sausage stuffed shells with bechamel

There is something undeniably cozy about baked pasta dishes. Sausage stuffed shells with bechamel sauce is a recipe that combines bold flavors with creamy decadence, creating a meal perfect for family gatherings, special occasions or even a quiet night in.

This dish takes the traditional idea of stuffed shells and gives it a luxurious twist. Instead of marinara , a velvety bechamel sauce coats the shells, enhancing the savory sausage filling with a creamy richness. Every bite is a delicious blend of tender pasta, flavorful filling, and a smooth sauce baked to perfection.

Tips for success when making sausage stuffed shells with bechamel

1. Prep ahead: cook the pasta , make the filling , and prepare

the bechamel sauce up to a day in advance. Store them separately in the fridge until you are ready to assemble.

2. Use crumbled Italian sausage for faster browning . You can customize your sausage preference by using mild or a combination of mild and spicy.

3. Pipe the filling: Transfer the sausage filling mixture to a piping bag or a zip -top with the corner snipped for a quick and mess -free stuffing.

Sausage stuffed shells with bechamel sauce is a comforting , crowd- pleasing dish that transforms simple ingredients into a luxurious Italian-inspired meal. Whether you are preparing it for a weeknight family dinner or a special occasion , this recipe is sure to impress with it's creamy sauce, savory filling, and bubbly golden topping. With a little prep and these streamlined tips, you will have a stunning baked pasta dish that's as easy to make as it is delicious!!!

Ingredients

- 32 large shells
- 1/2 lb. spicy Italian sausage
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 2 cups ricotta cheese
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- 1 egg slightly beaten
- 1/2 cup chopped Italian parsley
- 2 cups marinara sauce
- Bechamel sauce Ingredients: 1 stick of butter+ 1/4 cup flour+ 4 cups milk+ pinch of nutmeg

Instructions

1. Cook the shells el dente (about 3 minutes less than the package directions) drain and rinse under cold water. Set aside.
2. In a skillet over medium high heat in the olive oil saute the onion and garlic until soft and translucent then add the sausage and cook until browned and fully cooked, breaking it into small pieces. Remove and let cool slightly.
3. In a bowl combine the ricotta, mozzarella, parmesan cheese, egg , parsley and the sausage mixture. Salt and pepper to taste
4. Make the bechamel sauce In a sauce pan melt the butter over medium heat. Whisk in the flour and cook for 2 minutes until golden forming a roux. Gradually whisk in the milk stirring continually to prevent lumps until the sauce thickens 5-8 minutes. Add the nutmeg , salt and pepper to taste. remove from the heat.
5. Preheat your oven to 375-degrees
6. Spread a thin layer of bechamel sauce and the marinara sauce on the bottom of an oven proof baking dish.<https://amzn.to/3ZS3CIx><https://amzn.to/3ZS3CIx>
7. Fill each pasta shell with 1-2 Tablespoons of the sausage mixture and arrange them in the dish .
8. Pour the remaining bechamel sauce evenly over the shells.
9. Top the shells with additional mozzarella and parmesan cheese. Cover the dish with foil and bake for 20 minutes. Then remove the foil and bake 10 minutes longer or until the cheese is bubbly and golden. Top with additional Italian parsley. ENJOY!!!!