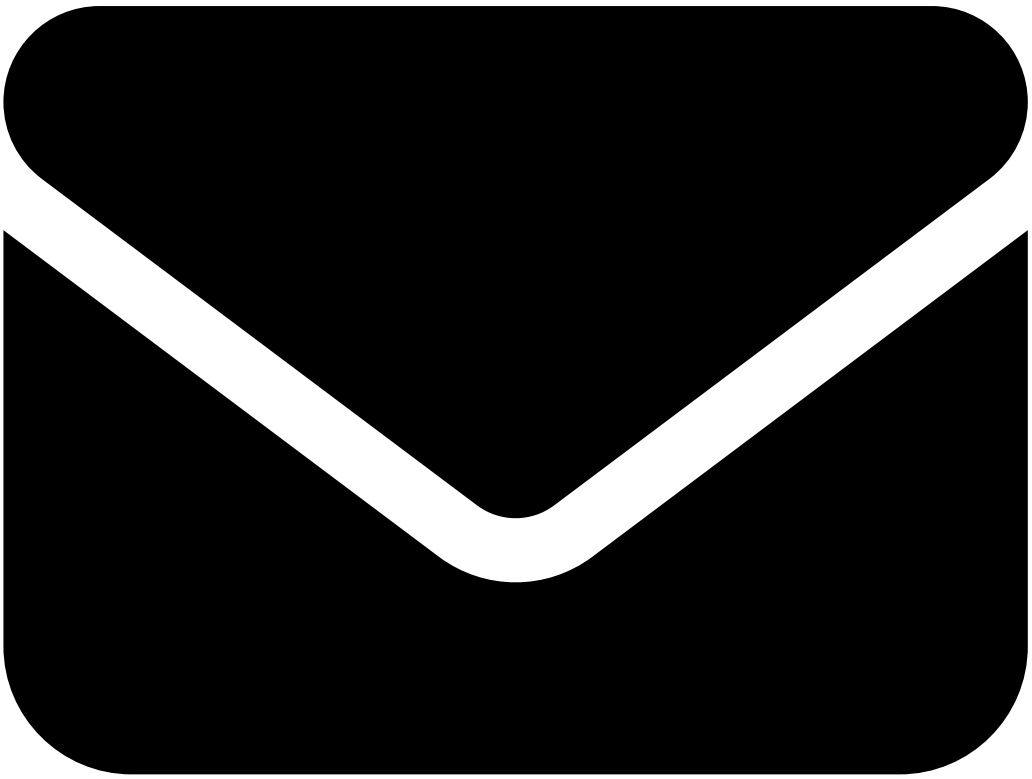
Creamy vegetarian broccoli pasta shells

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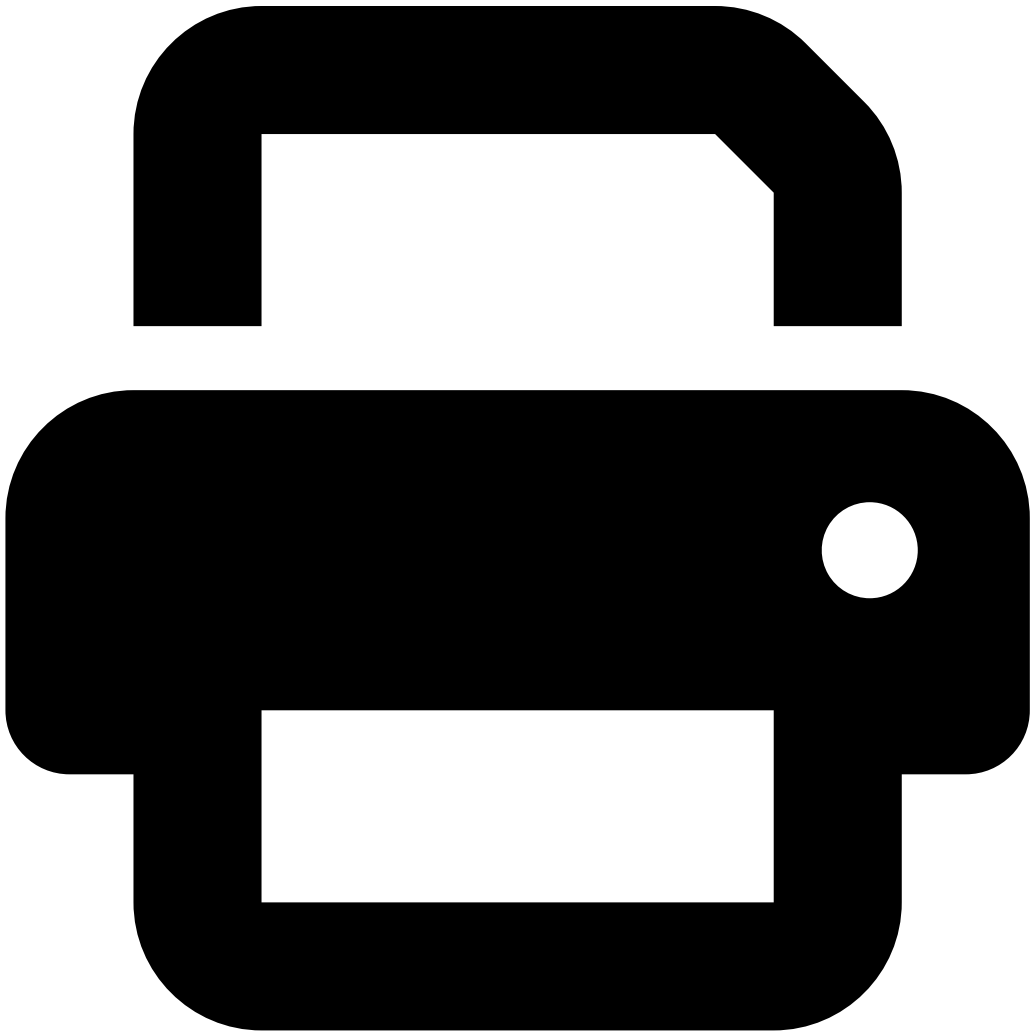









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This creamy broccoli pasta shells recipe is not only healthy but also quick and easy to make. The mix of soft broccoli , tasty pasta and gooey cheese is a hit with everyone. Pasta and broccoli are a great combination for your health. Pasta gives you energy and broccoli is full of vitamins and fiber. Together, they make a meal that’s good for you and taste delicious. It’s a perfect blend of comforting flavors and wholesome ingredients, ideal for a satisfying weeknight dinner.

What’s great about this recipe is how versatile it is. You can switch out the pasta shape , adjust the cheesiness, or even add a protein like grilled chicken breast or shrimp for a heartier meal. This creamy broccoli pasta shell will undoubtedly become a family favorite for it’s simplicity and delicious taste.

If you love easy pasta dinners like this, be sure to check out my other pasta and broccoli pasta recipes for more delicious inspiration. 30 minute broccolini and sausage pasta or

my creamy Italian sausage and broccoli pasta.

Why You'll love this creamy vegetarian broccoli pasta shells recipe

Quick and easy: This recipe is perfect for busy weeknight family meals, taking just 30 minutes from start to finish. With simple ingredients and straightforward steps.

Healthy and delicious: Packed with nutrient – rich broccoli, this dish provides a good source of fiber and vitamins, making a wholesome meal for the whole family.

Customizable: Whether you're looking to add protein, swap the milk for cream for a creamer option , or experiment with different pasta shapes, this recipe is incredibly versatile to suit your lifestyle and tastes.

Creamy Vegetarian Broccoli Pasta Shells



Creamy Vegetarian Broccoli Pasta Shells is a simple, comforting Italian-inspired pasta made with tender broccoli and pasta shells tossed in a creamy Parmesan sauce. The shells catch the sauce beautifully, while the broccoli adds color, texture, and plenty of flavor. It's an easy meatless dinner

that comes together quickly and is perfect for a weeknight meal.

- 4 cups washed and trimmed broccoli
- 1/2 lb. medium size shells
- 2 Tbsp. olive oil
- 4 Tbsp. butter
- 1 small shallot minced
- 2 Tbsp. flour
- 3 cups milk
- 1 cup chicken or vegetable stock
- 2 cups freshly grated sharp cheddar cheese
- 1 cup four cheese blend
- pinch of nutmeg

1. Start by cooking the broccoli in a large stock pot in salted water until soft, remove use a potato masher to mash the broccoli and set aside

2. In the save water as you cooked the broccoli cook the pasta shells el dente
3. While the pasta is cooking make the sauce. In a saute pan in the olive oil cook the shallots until soft and translucent. Add the butter once the butter is melted add the flour and cook for 1- 2 minutes.
4. Then slowly pour in the milk and stock. Bring to a boil lower the heat and add the cheeses and nutmeg.
5. Simmer the sauce until the cheese melts and the sauce thickens.
6. Add in the broccoli and the el dente cooked pasta shells. Cook just for a few minutes just to combine the flavors and ingredients.
7. ladle into pasta bowls top with additional grated parmesan cheese and freshly chopped Italian parsley.

Save some of the pasta water before draining. Adding a little to the sauce helps loosen the cream and Parmesan while

creating a silky sauce that coats every shell. Add it gradually until the pasta reaches the consistency you like.

Chef’s tip: Don’t overcook the broccoli. You want it tender enough to blend into the creamy sauce but still have a little texture.

Main Course, pasta
Italian
creamy vegetarian broccoli pasta shells