

# Meaty Unstuffed Pasta Shells

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Hi Friends, I know it's the most wonderful time of the year for most people, but It can also be the most busy and stressful time of the year too.

So I am sharing this easy, stress free one pot Meaty Unstuffed Pasta Shell Recipe. Essentially this is a take on stuffed pasta shells without the fuss of stuffing each shell individually.

This recipe is cooked in one pot on top of the stove and the best part, it uses few ingredients, you probably have on hand. Lean ground beef and healthy ground turkey seasoned with Italian flavors and covered with a tomato sauce make this recipe delicious and will make you happy serving it.

That's all you need one stock pot and 30 minutes to have this Italian inspired meal on your table.

## Customize This Meaty Unstuffed Pasta Shells recipe

Just like most of my recipes this Meaty Unstuffed Pasta shells recipe can be customized to fit your lifestyle and taste. For instance if

you want to eliminate the ground beef just double the amount of ground turkey. And if you don't like ground turkey just double the ground beef.

Another thing, if you don't like jumbo pasta shells you can use smaller pasta shapes, adding then 5 minutes before

finishing the cooking process.

*In this recipe I used canned tomatoes, you can use my real easy marinara sauce instead if you have it on hand. ( I always do) You can also vary the cheeses and the amount according to your taste preference.*

*Just keep it easy and delicious and if you make this Meaty Unstuffed Pasta Shell recipe please leave me a comment and please don't forget to tag me on Instagram with your creations. I love hearing from you. It's my favorite Part!!!!*

## **Ingredients**

- 1/2 lb. large shells
- 1/2 lb. lean ground beef
- 1/2 lb. ground turkey
- 2 cups chopped spinach
- 1 chopped onion
- 2 Tablespoons chopped garlic
- 1 15 oz. crushed tomatoes
- 1 15 oz. tomato sauce
- 1 cup water
- 1 tablespoon each chopped Italian parsley, thyme, oregano, and basil
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- Salt and pepper to taste

## **Instructions**

1. In a medium stock pot bring oil and butter to medium high
2. Saute onion and garlic until tender and just beginning to brown
3. Add the ground beef and ground turkey saute until

browned

4. Salt and pepper to taste now and add the herbs now
5. Add the tomatoes and water simmer 10 minutes
6. Add the pasta simmer covered for 15 minutes
7. Add the cheese and spinach the last 5 minutes
8. Serve topped with additional parmesan and Italian parsley