

# Sausage stuffed shells with bechamel

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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
- 1egg 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!!!!