



Broccoli & Cheese Stuffed Shells with Italian Sausage

directions

1. Preheat oven to 350 degrees. Spray a 9 x 13 baking dish with cooking spray. Set aside.
2. Brown sausage in a large skillet over medium heat until golden brown, breaking up with a spatula or spoon into crumbles as it cooks. The last few minutes of cook time add the chopped broccoli to the same skillet and cook just until a bright green. Remove skillet from heat.
3. To the sausage-broccoli mixture in the skillet add the ricotta and shredded mozzarella, salt and black pepper to taste. Stir until well mixed.
4. Pour the marinara sauce into the baking dish, covering the bottom.
5. Stuff the pasta shells with the sausage mixture and arrange over the sauce in the baking dish. Sprinkle with half of the minced red bell peppers.
6. Bake until hot and bubbly, about 20-30 minutes. Remove dish from oven and immediately sprinkle with 1/4 cup parmesan cheese.

6 - 8

servings

30 min

prep time

30 min

cook time

ingredients

Swaggerty's Farm Italian Dinner Links
(mild or hot), casings removed

18 to 24 Jumbo Pasta Shells, cooked al
dente

2 cups whole fat Ricotta Cheese

1 1/2 cups shredded Mozzarella

1/2 head broccoli, cut into florets and
chopped

Salt and pepper

3 cups of your favorite marinara
sauce

1/2 red bell pepper minced, divided

1/4 cup grated or shredded parmesan
cheese + extra for serving if desired

To Serve

Serve your jumbo cheese stuffed shells hot, and topped with remaining minced red bell pepper and extra parmesan cheese.

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