

Stuffed Manicotti

Yield: 7 min

Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-stuffed-manicotti>

Ingredients:

- 1 onion medium, chopped
- 1/2 green pepper chopped
- 3 tablespoons olive oil
- 2 garlic cloves minced
- 29 ounces tomato sauce 1 can
- 3/4 cup water
- 3/4 cup dry red wine or water
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 pounds ground beef
- 1/2 onion medium, finely chopped
- 2 garlic cloves minced
- 10 ounces chop frozen spinach 1 package, thawed
- 3/4 cup grated Parmesan cheese divided
- 3 large eggs lightly beaten
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 ounces manicotti 1 package, cooked and drained
- 3/4 cup part-skim mozzarella cheese shredded

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 175 milligrams
4. Fat: 32 grams
5. Fiber: 7 grams

6. Protein: 37 grams
 7. SaturatedFat: 11 grams
 8. Sodium: 1190 milligrams
 9. Sugar: 14 grams
 10. TransFat: 1 grams
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