

Homemade Hamburger Helper Cheesy Italian Shells

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/hamburger-helper-cheesy-italian-shells-copycat-recipe>

Ingredients:

- 1 pound ground beef
- 2 cups shell or similar shaped pasta I used Pipe Regate
- 1 can tomatoes with Italian seasoning 14.5 ounces
- 1 3/4 cups milk
- 1/2 cup tomato sauce
- 1/2 cup water
- 1 tablespoon corn starch
- 1 teaspoon salt
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 tablespoon Italian seasoning
- 1 cup cheese grated

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 120 milligrams
4. Fat: 31 grams
5. Fiber: 4 grams
6. Protein: 42 grams
7. SaturatedFat: 14 grams
8. Sodium: 1060 milligrams
9. Sugar: 14 grams
10. TransFat: 1 grams

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