

Italian Helper

Yield: 5 min
Total Time: 40 min

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

Ingredients:

- kosher salt
- 1 pound elbow macaroni
- 8 ounces beef sirloin ground
- 8 ounces sweet Italian sausage casings removed
- 1/4 cup olive oil
- 2 shallots diced
- 1 clove garlic peeled and smashed
- 1 1/2 cups tomato puree such as Mutti
- 2 cups freshly grated Parmesan
- 1/4 cup mascarpone
- 2 cups baby spinach torn

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 86 grams
3. Cholesterol: 75 milligrams
4. Fat: 31 grams
5. Fiber: 4 grams
6. Protein: 48 grams
7. SaturatedFat: 11 grams
8. Sodium: 1390 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Italian Helper above. You can see more 18 italian helper recipe Cook up something special! to get more great cooking ideas.