

# Spinach Stuffed Shells with Sausage

Yield: 10 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-ricotta-stuffed-shells-recipe>

## Ingredients:

- 1 1/2 tablespoons minced garlic
- 10 ounces frozen chopped spinach an ounce or two under or over won't kill you, feel free to substitute fresh, chopped spinach
- 1/4 cup fresh parsley chopped
- 6 leaves fresh basil shredded
- 3 cups ricotta
- 2 eggs
- 1/2 cup Parmesan
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups shredded mozzarella
- 32 ounces red pasta sauce your favorite
- bulk italian sausage 16 ounces loose, optional
- 1 gallon shells freezer zip-top baggie for filling the, optional, but makes life easier

## Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 129 grams
3. Cholesterol: 110 milligrams
4. Fat: 25 grams
5. Fiber: 8 grams
6. Protein: 39 grams
7. SaturatedFat: 11 grams
8. Sodium: 990 milligrams
9. Sugar: 13 grams

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