

Ground Beef Stuffed Shells

Yield: 25 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-pepper-recipe-ground-beef>

Ingredients:

- 12 ounces jumbo pasta shells
- 2 pounds ground beef
- 1 onion medium-sized, chopped
- 1/3 cup italian style bread crumbs
- 3 eggs lightly beaten
- 2 tablespoons chopped fresh parsley
- 1 clove garlic minced
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 16 ounces shredded mozzarella cheese about 4 c.
- 28 ounces diced tomatoes
- 10 1/2 ounces condensed tomato soup
- 1 onion small-sized, chopped
- 1 tablespoon chopped fresh parsley
- 1 teaspoon Italian seasoning
- 1 teaspoon sugar
- 1 tablespoon olive oil
- 3 tablespoons grated Parmesan cheese

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 65 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 5 grams
8. Sodium: 350 milligrams
9. Sugar: 3 grams

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