

Baked Mostaccioli

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-baked-mostaccioli-with-italian-sausage>

Ingredients:

- 8 ounces mostaccioli
- 1 pound ground beef grassfed
- 1/2 pound italian sausage
- 1/4 cup chopped onion
- 1/4 cup green peppers chopped
- 3 cloves garlic minced
- 28 ounces tomatoes pureed
- 8 ounces tomato sauce
- 6 ounces tomato paste
- 1 teaspoon sea salt
- 2 teaspoons cane sugar
- 1 tablespoon red wine
- 1 teaspoon italian seasoning
- 1/4 teaspoon black pepper freshly ground
- 1 bay leaf large
- 1/2 cup freshly grated Parmesan
- 8 ounces mozzarella cheese freshly shredded

Nutrition:

1. Calories: 1020 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 175 milligrams
4. Fat: 54 grams
5. Fiber: 8 grams
6. Protein: 59 grams
7. SaturatedFat: 23 grams
8. Sodium: 2210 milligrams
9. Sugar: 21 grams
10. TransFat: 1 grams

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