

Pasta Bake

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-pasta-bake-recipe>

Ingredients:

- 1 pound pasta ziti, penne, or rigatoni
- 1 cup ricotta cheese
- 1/4 cup Parmesan cheese finely grated
- 1 egg whisked
- 2 1/2 cups mozzarella cheese separated
- 1 pound ground beef see notes
- 1 small yellow onion diced
- 3 cloves garlic minced
- 1/8 teaspoon red pepper flakes
- 1/2 teaspoon salt EACH:, /Pepper
- 1 teaspoon onion powder EACH:, + Italian Seasoning
- 48 ounces marinara sauce I recommend Rao's brand or homemade
- fresh parsley unchecked?, to garnish, optional

Nutrition:

1. Calories: 1330 calories
2. Carbohydrate: 139 grams
3. Cholesterol: 230 milligrams
4. Fat: 56 grams
5. Fiber: 14 grams
6. Protein: 70 grams
7. SaturatedFat: 26 grams
8. Sodium: 2380 milligrams
9. Sugar: 36 grams
10. TransFat: 1 grams

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