

Stuffed Shells

Servings: 3 servings

Prep Time: 30 mins *Cook Time:* 30 mins *Total Time:* 1 hr

These classic stuffed shells are filled with a creamy 4-cheese blend with Italian seasonings, sautéed garlic, and the optional addition of spinach.

This meal is also make-ahead and freezer friendly!



5 from 39 ratings

Ingredients

- 9-10 jumbo pasta shells, boil extra in case some break
- 0.5-1 tablespoons olive oil
- 1.5 cloves garlic, minced
- 2 cups spinach
- 7.5 oz. Ricotta
- 0.25 cup Parmesan cheese, grated
- 1.5 cups mozzarella cheese, shredded and divided
- 1 Tablespoons cream cheese
- 0.5 egg
- 12 ounces marinara sauce
- Fresh parsley, to garnish

Seasonings

- 0.25 tsp Salt
- 0.13 tsp pepper
- 0.25 teaspoon dried basil
- 0.25 teaspoon dried parsley
- 0.25 teaspoon dried oregano

Instructions

1. Preheat oven to 375 degrees.
2. **Boil shells** in salted water for 1 minute less than al dente, set a timer to avoid overcooking them. Drain once cooked and gently rinse with cold water until the water on the bottom comes out cool. Set aside.
3. Meanwhile, **heat olive oil** in a large skillet over medium heat. **Add the garlic** and cook for 1 minute. (Optional: Slice the spinach into strips before cooking it if smaller pieces are preferred.)

Add the spinach and toss to coat. Cook for about 3 minutes or until the spinach is wilted. Set aside and let cool.

4. **Place the ricotta** in a large bowl and **add the seasonings**. Use a silicone spatula to stir to combine. **Add half of the mozzarella cheese and most of the Parmesan**, but reserve a little Parmesan to sprinkle over the top before baking. **Add the cream cheese and the egg** and stir to combine. **Fold in the cooled spinach and garlic**.
5. **Add half of the marinara sauce** to the bottom of a 9 x 13-inch casserole dish (or a round 12-inch oven-safe skillet) Use a spoon to **fill each pasta shell with the cheese mixture** and place it in the baking dish.
6. **Add the remaining marinara sauce, then top with remaining mozzarella cheese and Parmesan**.
7. Cover and bake for 20 minutes. Remove cover and bake for 10 more minutes. **Garnish with fresh parsley** and serve with Garlic Bread with Cheese!

Notes

Pro Tips:

- **Boil extra shells** in case some break during the boiling or draining process.
- **The spinach is optional** but adds a nice touch! **Frozen spinach** may also be used, be sure to let it thaw and pat it dry.
- To incorporate meat into the mix, make this with my **meat sauce recipe** instead of regular marinara.

- **Shred the cheese from a block** instead of using packaged shredded cheese. It will melt and taste much better.
 - **Low moisture whole milk mozzarella** melts the best in this recipe.
 - I love to use Dragone for the mozzarella, BelGioioso for the Parmesan, and Philadelphia for the cream cheese.
 - Rao's is my go-to brand for marinara sauce, (it's really good)!
 - This recipe makes about 18 shells and has 6 servings. Nutritional facts are based on 3 shells per person.
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Make Ahead Method:

- **Assemble and refrigerate up to 1 day ahead** of time. **Add 10 minutes** to covered baking time.
 - **Assemble and freeze for up to 3 months.** Let it fully thaw in the fridge and **add 10 minutes** to covered baking time.
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Storage

- Store leftovers in an airtight container and **refrigerate for up to 3 days** or **freeze for up to 3 months.**

Nutrition

Calories: **496kcal**, Carbohydrates: **29g**, Protein: **30g**, Fat: **29g**, Saturated Fat: **16g**, Polyunsaturated Fat: **1g**, Monounsaturated Fat: **9g**, Trans Fat: **1g**, Cholesterol: **119mg**, Sodium: **1376mg**, Potassium: **694mg**, Fiber: **3g**, Sugar: **7g**, Vitamin A: **3234IU**, Vitamin C: **14mg**, Calcium: **584mg**, Iron: **3mg**



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Course: Main Course *Cuisine:* Italian *Author:* Stephanie