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# Canneloni

*Judy Phelps*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

Servings: 8

## **PASTA**

**10 lasagna noodles**

**1 tablespoon olive oil**

## **FILLING**

**1 clove garlic, minced**

**1 large onion, finely chopped**

**2 tablespoons olive oil**

**1 package (10 ounce) frozen chopped spinach, thawed and squeezed dry**

**1 pound ground beef (sirloin or chuck preferred)**

**1 tablespoon butter**

**5 tablespoons Parmesan cheese**

**2 tablespoons cream**

**2 eggs, beaten**

**1/2 teaspoon oregano**

**salt**

**pepper**

## **SAUCE**

**4 cups plain tomato sauce**

**2 tablespoons sugar (optional), will cut the acidity of the tomatoes**

## **BESCIAMELLA SAUCE**

**6 tablespoons butter**

**6 tablespoons flour**

**1 cup milk**

**1 cup cream**

**1 teaspoon salt**

**1/2 teaspoon nutmeg**

Add the noodles and oil to boiling salted water and cook al dente. Drain. Spread the noodles side by side on a flat surface covered with foil. Cover with another layer of foil until ready to use.

Make the filling: Saute' the garlic and onion in olive oil until soft. Add the spinach, stirring constantly until the water has disappeared and the spinach shows a tendency to stick to the pan. Turn into a large bowl. Brown the meat in butter, stirring to cook evenly and breaking up the lumps. Add to the bowl with the spinach. Add the parmesan cheese, cream, eggs and oregano. Mix well. Salt and pepper to taste.

Make the sauce:: In a bowl, stir the sugar into the tomato sauce. Set aside.

Make the Besciamella Sauce: In a heavy or enamel saucepan, melt the butter over moderate heat. Remove from the stove. Stir in the flour. Return to the heat. While stirring, add the milk and cream. Cook over medium heat, stirring constantly, until well blended. Turn the heat up and bring to a boil, stirring constantly to prevent scorching. Turn the heat down to a simmer, still stirring, for 1 minute or more until the sauce is thick enough to heavily coat the back of a spoon. Remove from the heat. Add the salt and nutmeg.

Assemble the dish: Preheat the oven to 375 degrees.

Pour a thin film of tomato sauce over the bottom of a 9x13-inch baking pan. Cut the lasagna noodles in half. Place one rounded teaspoon of the filling at the end of each noodle. Roll up. Place in the baking pan. (NOTE: You will have three rows of filled noodles - the two outer rows will run parallel to the 13-inch side of the pan, being placed in a lengthwise position.)(One middle row will run parallel to the 9-inch side of the pan, being placed in a lengthwise position.) The pan will contain sixteen rolls (two extra noodles were cooked in case any were torn during cooking and/or handling.)

Spread the Besciamella Sauce over the filled rolls. Spoon tomato sauce over all (try not to mix the sauces). Sprinkle with Parmesan cheese and dot with butter.

Bake, uncovered, for 20 minutes or until bubbling.

(NOTE: The dish may be prepared, covered tightly and refrigerated for a day or two. It will, however, take a little longer to bake.)

## **Pasta**

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*Per Serving (excluding unknown items): 703 Calories; 29g Fat (36.8% calories from fat); 21g Protein; 90g Carbohydrate; 5g Dietary Fiber; 116mg Cholesterol; 522mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat.*