
Mexican Stuffed Shells

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

12 pasta shells, cooked and drained

1 pound ground beef

12 ounces mild Picante sauce

1/2 cup water

1 can (8 ounce) tomato sauce

1 can (4 ounce) chopped green chilies, drained

12 ounces Monterey jack cheese, shredded

In a skillet, brown the beef and drain the excess fat.

In a bowl, combine the Picante sauce, water and tomato sauce. Add 1/2 cup of the sauce, the chilies and 1/2 cup of the cheese to the beef. Mix well.

Pour 1/2 of the remaining sauce on the bottom of a baking dish. Stuff the shells with the meat mixture and place in the dish. Pour the remaining sauce over the shells.

Bake, covered, in a 350 degree oven for 30 minutes. Top with the remaining cheese.

Bake, uncovered, for an additional 5 minutes.

Pasta

Per Serving (excluding unknown items): 7541 Calories; 245g Fat (29.6% calories from fat); 327g Protein; 984g Carbohydrate; 34g Dietary Fiber; 689mg Cholesterol; 6565mg Sodium. Exchanges: 63 Grain(Starch); 22 1/2 Lean Meat; 7 1/2 Vegetable; 32 Fat.