

Meet Me In The Kitchen

with Connie Spiros

Aired weekly on Milton Comcast Channel 8

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SHOW ONE

Mary Ann Sullivan's Stuffed Shells

(makes 24 shells with a little sauce left over)

INGREDIENTS

1 Tbsp olive oil
1 onion, minced
2 cloves of garlic, chopped
1 lb of ground beef
4 sweet Italian sausages, casings removed
2 large cans of Pastene tomato puree
2 large cans of crushed tomatoes
1 large can of tomato sauce
1 large can of tomato paste
2 Tbsp sugar
1 lb box of Barilla shells
1 large ricotta cheese (part skim)
1 large ricotta cheese (whole milk)
2 eggs, slightly beaten
4 cups shredded mozzarella cheese
1 cup bread crumbs, (Italian seasoned)
grated Parmesan

THE METHOD

Heat olive oil in a large sauté pan, add onion and garlic, and cook until onion is transparent. Add ground beef and sausages. Add salt and pepper and cook until meat is brown, about 8 minutes. Add tomato puree, crushed tomatoes, sauce and paste, 1 cup of water and sugar. Stir all ingredients together well, cover and simmer for 1½ hours stirring occasionally. Taste as it cooks and add more seasoning if needed. When you've reached the last ½ hour, add salt to a pot of water, and start to boil water. Add shells to the boiling water, cook as directed on the box. Drain. Preheat oven to 350 degrees. Combine eggs with ricotta cheeses, mozzarella cheese and breadcrumbs and mix well. In a 9"x13" pan, place a layer of the sauce on the bottom of the pan. Fill shells with ricotta mixture and place in pan. Cover with sauce and sprinkle some Parmesan cheese on the top. Bake for 45 minutes.

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Milton Marketplace ▪ 10 Bassett Street ▪ East Milton Square ▪ 617-696-5274

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