
ITALIAN SAUSAGE & KALE STUFFED PASTA SHELLS

Prep time: 30 min. Cook time: 30 min. Total time: 1 hr.
Serves 4-6

- 24 jumbo pasta shells (sausage fills 20 shells but cook 4 extra just in case)
- 1 lb. Mild Italian sausage
- 1 shallot, finely diced
- 1 jalapeno pepper, finely diced
- ½ cup mushrooms, finely chopped
- 3 cups kale, chopped
- 1 ½ cups beef broth, divided
- ½ cup 2% milk
- 3 Tbsp. Herb & Garlic cream cheese
- Pinch of nutmeg
- Salt & pepper to taste
- 1 (284 mL) can Tomato & Oregano soup
- 2 Tbsp. tomato paste
- 1 cup shredded mozzarella cheese



Preheat oven to 400° F. In a large pot, over high heat, bring water to a boil and add pasta shells. Turn heat down to med. high and cook shells until al dente. Drain shells and set aside. While the shells are cooking, prepare sausage and kale mixture. In a large sauté pan, over med. low heat, brown sausage and break up into small pieces. Add shallot, jalapeno and mushrooms and sauté for about 5 minutes. Add kale and cook for another 2 minutes. Add ¾ cup broth, scraping up any brown bits off the bottom of the pan. Add milk, cream cheese, nutmeg, salt and pepper. Simmer until thickened, about 10 minutes. Remove from heat. In a med. bowl, whisk together, soup, remaining ¾ cup of broth and tomato paste. In a 9 x 13" baking dish, add 1 cup of sauce and spread over bottom. Using a teaspoon, fill the shells with sausage mixture and place on top of the tomato sauce in the baking dish. Top with mozzarella cheese and bake for 30 min. or until top is lightly browned. Remove from oven and serve.

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