



Stuffed Shells with Spaghetti Sauce

Spaghetti Sauce:

Ingredients:

1 cup chopped onion	1 Tbsp sugar
1 pound mild Italian Sausage	2 tsp dried basil
6 oz tomato paste	2 tsp fennel seeds
28 oz crushed tomato in puree	1 tsp dried oregano
1/2 cup water	2 Tbsp fresh parsley, minced
1 cup tomato sauce	1 tsp salt
2 tsp chopped garlic	16 oz uncooked spaghetti
2 bay leaves	1/2 cup grated parmesan

Instructions:

Saute onions and brown sausage in a large pot. Add all the rest of the ingredients, except for the spaghetti and parmesan, and bring to a boil. Lower heat and simmer 30 minutes, partially covered. Cool sauce. Pour half into a 1 qt freezer bag, label and freeze for Spaghetti. Reserve remaining spaghetti sauce for assembling Stuffed Shells. To serve, thaw the spaghetti sauce and heat thoroughly. Cook the spaghetti according to package directions. Drain the pasta in a colander. Pour the sauce over the spaghetti. Pass grated parmesan.

Stuffed Shells:

Ingredients:

8 oz jumbo shells	1/4 tsp pepper
1 Tbsp vegetable oil	1 Tbsp fresh parsley, chopped
15 oz ricotta	2 eggs
16 oz cottage cheese	2 1/2 cups sauce from previous recipe
4 oz shredded Mozzarella	1/4 grated parmesan
1 tsp salt	

Instructions:

Cook shells according to package directions, adding vegetable oil to the water. Meanwhile, combine all remaining ingredients except sauce and parmesan. Drain shells and douse in cold water. Once cooled, stuff with the cheese. Place in a 9 x 9 x 2 baking dish and pour sauce over them. Cover with heavy duty aluminum foil, label and freeze. To serve, thaw and bake in 350 degree oven for 45 minutes while covered, then uncover and bake 15 minutes more. Pass grated parmesan.