

Vegetable-Stuffed Shells with Creamy Cheese Sauce

Recipe By Chavi Feldman



Cooking and Prep:  40
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Serves:  10

Contains:   

Preference: Dairy

Difficulty: Medium

Occasion: Nine Days

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

Ingredients (20)

Pasta

1 (12-oz./340-g.) box jumbo pasta shells

Filling

1 large Spanish onion, finely diced

oil, for sautéing

- 16 ounces (450 grams) mushrooms, finely diced
- 1 small eggplant, finely diced
- 1 small zucchini, finely diced
- 1 green pepper, finely diced
- 1 red pepper, finely diced
- 20–25 grape tomatoes, quartered
- 1 (6-oz./170-g.) can **Gefen Tomato Paste**
- 2 tablespoons brown sugar
- 1/2 teaspoon oregano
- 1/2 teaspoon garlic powder
- salt, to taste
- pepper, to taste

Cheese Sauce

- 4 cups milk, divided
 - 1 cup flour
 - 1 teaspoon salt
 - 1 and 1/2 cups shredded sharp cheddar cheese
 - 3/4 teaspoons freshly ground **Gefen Black Pepper**
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Start Cooking

Make the Pasta

1. Cook pasta shells according to package directions. Rinse and set aside.

Make the Filling

1. Preheat oven to 350° (180°C).
- 2.

Meanwhile, sauté onion in a large skillet until golden.

3. Add the rest of the vegetables and sauté an additional 5–7 minutes over medium heat so that the liquid evaporates while cooking. Be sure to stir every so often, sautéing until slightly soft but not mushy. Keep over medium heat so that the liquid evaporates while cooking.
4. Add tomato paste, brown sugar, and spices and mix until combined. Cool for 5–10 minutes.
5. Stuff pasta shells with vegetable filling and place seam-side down in two 9x13-inch (20x30-centimeter) pans.

Make the Cheese Sauce

1. Combine 1 cup milk and flour in a saucepan; stir with a whisk. Stir in remaining milk and salt; bring to a boil over medium heat, stirring frequently. Reduce heat to low; simmer 2 minutes or until slightly thickened, stirring constantly. Remove from heat.
2. Mix in cheese and pepper, stirring until cheese melts. Once cheese has melted, immediately pour the hot sauce over the pasta shells.
3. Bake covered for 15–20 minutes or until heated through.