

Frugal -5 Ingredient Spinach and Ricotta Stuffed Shells



Serving: 6



Cook Time: 30 mins



Level: Easy



INGREDIENTS

- 25 fl oz or 700 ml marinara sauce
- 16 jumbo shells plus 2-3 extra ones in case some of the shells are not fitting
- 1 tablespoon olive oil
- 2 cloves garlic minced
- 17 oz or 500 g fresh spinach See notes
- 250 g ricotta cheese
- sea salt and freshly ground black pepper, to taste
- grated hard cheese to serve

PREPARATION

1. Preheat the oven to 350 F or 180 C. Take a big rectangular baking pan (I used a 13 x 9 inch pan (33 x 22 cm) or individual oval-shaped ramekins. Fill the pan (ramekins) with marinara sauce. Bake for about 10 minutes to heat through.
2. Meanwhile, cook the pasta shells until al dente, as per instructions on the package. Drain well. Heat a lug of olive oil in a large skillet and sauté minced garlic until fragrant. Add spinach and cook for about 7 minutes or until all the leaves turn dark green. Drain it well, removing all the excess moisture (you can keep the spinach water for soups or sauces).
3. Combine the spinach with ricotta cheese and stuff shells with the mixture, using about 1 tablespoon of stuffing for each shell. Place the stuffed shells on top of the marinara sauce. Bake for 15-20 minutes or until golden. Enjoy!