

Stuffed Shells



TOTAL TIME

35 mins



COURSE

Dinner, Lunch



SERVINGS

7 serving

CALORIES

390 kcal

INGREDIENTS

For ricotta:

- 2 block extra firm tofu or a non-soy based tofu, like fava, chickpea, for soy free
- 4 Tbsp lemon juice
- 6 Tbsp nutritional yeast
- 2 Tbsp miso
- 1 tsp salt

Other ingredients:

- 21 uncooked jumbo pasta shells use gluten free pasta for gluten free
- 3 ½ c frozen chopped broccoli thawed and drained
- 1 c shredded vegan mozzarella
- 1 tablespoon minced fresh basil or 1 teaspoon dried basil
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 jar 26 ounces pasta sauce
- 7 tablespoons shredded vegan parmesan

INSTRUCTIONS

1. In a food processor, blend tofu, lemon juice, nutritional yeast, miso, and salt. Process until mostly smooth, with some texture left like ricotta cheese.
2. Cook pasta according to package directions. In a large bowl, combine the tofu ricotta, broccoli, vegan mozzarella and seasonings. Drain pasta and rinse in cold water.
3. Spread half the pasta sauce into a 13x9-in. baking dish.
4. Stuff pasta shells with ricotta mixture; arrange over spaghetti sauce. Pour remaining sauce over pasta shells.
5. Cover and bake at 375° for 25 minutes. Uncover; sprinkle with Parmesan cheese. Bake until heated through, about 5 minutes longer.
6. Split into 7 servings

NUTRITION

Nutrition Facts

Stuffed Shells

Amount Per Serving (1 g)

Calories	390	Calories from Fat	135
% Daily Value*			
Fat	15g		23%
Carbohydrates	38g		13%
Protein	25g		50%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!