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Look for Meat-Filled Manicotti and many other delicious recipes in our upcoming sequel to ...And Their Tummies Growled, called They Were Still Hungry.

Meat-Filled Manicotti

This delicious dish takes about half an hour to put together, and about an hour to bake. It freezes well, and reheats very easily.

This recipe makes enough for four to six people, and is great with a big green salad.

Béchamel Sauce

4 tbsp butter
5 tbsp flour
3 c milk, heat until almost boiling
2 tsp salt
pinch nutmeg

Meat Filling

2 tbsp butter
1 lb ground beef
½ lb ground pork
½ c grated parmesan
½ tsp garlic powder
1 tbsp flour
1 c milk
salt & pepper to taste

1 8 oz. box of manicotti noodles
1 jar tomato & basil spaghetti sauce
¼ cup grated or shredded parmesan
½ c shredded mozzarella

Preheat your oven to 350 degrees.

To make the béchamel sauce, melt the butter in a medium saucepan over medium heat. When the butter is melted, add in the flour and stir until it is all mixed and smooth. This mixture is called a roux. Reduce the heat to medium low and let cook for 6 minutes, stirring occasionally, until the mixture is a golden brown.

When the roux is ready, add in the milk, 1 cup at a time, whisking vigorously to prevent lumps from forming. When all the milk is added, whisk until smooth, then reduce the heat to a simmer. Let cook for 10 minutes. Stir in the salt and nutmeg, then remove from the heat and set aside.

To make the meat filling, melt the butter in the frying pan. Put the ground beef and ground pork in the skillet and cook until the meat is no longer pink. Drain all the fat from the pan, then put in the flour, garlic powder, parmesan, salt, pepper and milk. Stir well, then reduce the heat to simmer and let cook for 10 minutes.

Spray a 9" x 13" baking pan with non-stick cooking spray. Pour half the jar of spaghetti sauce into the bottom of the pan. Stuff the uncooked manicotti noodles with the meat mixture and place in the baking pan. Pour the béchamel sauce over the stuffed noodles, then put the rest of the spaghetti sauce on top of that. Sprinkle the parmesan and mozzarella on top. Cover the pan tightly with aluminum foil and bake for 55 to 60 minutes.

