

**Beef Manicotti**

**Bake time:** 30 minutes from room temperature

**Bake temp:** 350F

**Yield:** Approximately 22 to 28 manicotti

**Prep time:** 2-3 hours

**Ingredients:** 2 lbs ground beef  
1 lb carrots  
1 lb onions  
approximately 22 to 28 manicotti  
pasta  
olive oil  
salt and pepper to taste  
500 mozzarella cheese  
Meat tomato sauce (approximately 2  
bottles x 28 oz)

**Preparation:**

Grind carrots and onions; shred cheese or slice to approximately 1mm to 2mm.

**Cooking instructions:**

Fry hamburger meat, carrots and onions in a large electric skillet; add salt and pepper to taste. Completely mix the beef, onions and carrots while frying.

Add manicotti pasta six at a time to salted boiling water with olive oil; boil for five minutes; drain manicotti. Warning this next part is HOT: Using a spoon, fill the pastas with the beef / carrots / onions mix, and place in pans. Repeat the process until all manicotti are filled.

Cover the manicotti with sauce and cheese.

Freeze, or immediately bake at 350F for approximately 30-40 minutes or until the cheese begins to brown.

If placed in a microwave safe dish, preheat the manicotti for 3 to 5 minutes, and then bake at 350F in a traditional oven for approximately 15 minutes until the cheese begins to brown.