

Vegan Stuffed Shells

By: Madison Margaret

Ingredients:

Vegan mozzarella cheese miyoko's brand
Vegan shredded mozzarella cheese
Vegan parmesan
Vegan heavy whipping cream
1/2 tbsp of cooking oil (I used light olive oil, good for baking)
Nutritional yeast
1 box of large shells
Salt
Pepper
Tomatoes
Tomato paste
Veggie broth
1 yellow onions
1 bulb of garlic
Fresh parsley
DRIED Oregano



Materials:

Wood cutting board
Large pot
Sauce ladle
Small metal spoon
Large pyrex/casserole dish

Preheat the oven to 450 degrees F. Start by boiling a large pot of water & be sure to add salt into the pot too. As you wait for the water to boil, start gathering all your ingredients and materials. Chop your onion into four chunks, and peel your garlic, rinse your tomatoes and add all your veggies into a dutch oven, large pyrex, or large aluminum tray. Toss them in light olive oil and seasonings such as salt & pepper. Roast your veggies with a lid on, checking on them every so often to make sure they are cooking down without burning. At this point your water may be boiled, which means it's time to add the stuffed shells into the pot of water, with lots of salt. Be sure to time the shells about 4 minutes less than the normal boiling time, as we are baking them further in the oven. Once the pasta is boiled, strain and set aside in a baking dish with some olive oil to keep the pasta from sticking. Once your veggies are roasted down remove them from the oven. Get the veggies on the stove in a large pot or dutch oven, and carefully emulsify the veggies into a sauce. Careful not to splash and burn yourself. Add a can of tomato paste, a splash of veggie broth, nutritional yeast and a splash of vegan heavy whipping

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cream (make sure it is unsweetened and unflavored). Add salt, pepper, and any dry herb seasoning such as oregano. Let the sauce come to a boil, then lid and lower to a simmer. Check on the sauce every few minutes and stir so the bottom does not burn. Grab out your cheeses, and combine them in a large mixing bowl. You can food-process your round of vegan mozzarella with a splash of heavy cream, or you can crumble it apart by hand in the bowl -be sure to wear gloves. There are no exact measurements to keep in mind at this point of the recipe, and also you can add things such as sauteed spinach, fresh herbs, other flavored cheeses, or vegan meat. By mixing about half the bag of vegan shredded cheese, the round of miyoko's mozzarella, and a splash of heavy cream, you will have a large bowl filled with cheese stuffing. Season as you please, I added salt, pepper and fresh parsley. Mix to an even consistency.

At this point, it is probably time to get the pot off the stove. Remove it and set aside to chill. Once all ingredients are cooled off somewhat, it is time to assemble the shells! Lay down some sauce in your pyrex or aluminum baking tray. Side by side, place down each pasta shell after stuffing them generously with the vegan cheese mix. Try your best to not break the pasta shells. Top with another layer of sauce, then sprinkle on shredded mozzarella cheese and some vegan parmesan. Place in the oven and bake for at least 10-15 minutes, at around 350 degrees F. Serve from the oven, top with more vegan parmesan. Best enjoyed with a light white wine as the sauce is acidic.

Serving size: two full trays of stuffed shells -one tray can feed about 10 people

Preparation time: about 45 minutes to make the sauce, the stuffing, and to assemble the trays before cooking

Cook time: about 15 minutes of baking once assembled

Cost:

Pasta- \$2

Veggies for sauce - roughly \$10

Cheeses - roughly \$15-20 all together

**ABOUT \$30 FOR 2 TRAYS. CATERING WOULD COST
2X THE AMOUNT FOR ONLY ONE TRAY!!!**