

# THE CULINARY

## Playground



### Mexican Stuffed Shells

serves 4-5

2/3 lb ground beef  
2 Tablespoons minced onions  
1/2 Tablespoon taco seasoning  
4 ounces cream cheese  
12 large pasta shells  
2/3 cup salsa  
2/3 cup taco sauce (NOT enchilada sauce)  
1/3 cup black beans rinsed and drained  
1/2 cup frozen corn  
3/4 cup mexican cheese blend, shredded  
Optional toppings; green onions, sour cream, black olives

Preheat oven to 350°.

Add a coating of oil to a frying pan, when warm, add onions and cook 3 minutes until translucent and fragrant. Add ground beef and cook, breaking up with spoon until no pink remains. Stir in taco seasoning. Add cream cheese, cover and simmer until cheese is melted. Blend well, drain off fat and set aside to cool.

While the ground beef is cooking, cook the pasta shells according to directions; drain. Set shells out individually on baking sheet so that they don't stick together.

Pour salsa on bottom of a baking dish. To the meat mixture, add beans and corn and 1/2 cup cheese. Stuff each shell with the meat mixture placing shells in dish open side up. Cover shells with taco sauce. Sprinkle remaining 1/4 cup cheese on top of shells. Cover with foil (sprayed with non-stick spray and sprayed side down) and bake for 25 minutes.

Remove foil and bake another 10 minutes until cheese is golden.

Top with green onions, olives and with sour cream and/or more salsa.

**THE CULINARY PLAYGROUND**  
**16 MANNING ST. DERRY, NH**  
**WWW.CULINARY-PLAYGROUND.COM**