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Beef Cannelloni · ·

Beef Cannelloni is a classic Italian dish made with ground beef, pasta tubes, and a rich tomato sauce. It is typically baked in the oven until the pasta is tender and the cheese on top is melted and bubbly. This dish is hearty and satisfying, perfect for a comforting dinner.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 60 mins

Total Time: 90 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Ground Beef
250 g	cannelloni pasta tubes
500 g	tomato sauce
200 g	mozzarella cheese
50 g	parmesan cheese

100 g	onion
2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
1 tsp	dried oregano

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Cooking

Add the ground beef to the skillet and cook until browned. Season with salt, black pepper, and dried oregano.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Simmering

Stir in the tomato sauce and simmer for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Boiling

Cook the cannelloni pasta according to the package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Preparation

Fill each cannelloni tube with the beef mixture and place them in a baking dish.

Prep Time: 10 mins

Cook Time: 0 mins

Step 7

Sprinkling

Sprinkle the mozzarella and Parmesan cheese over the cannelloni.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake in the preheated oven for 30 minutes or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 30 mins

Step 9

Resting

Remove from the oven and let it rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian American Middle Eastern

Meal Type

Lunch Dinner Snack

Kitchen Tools

Slow Cooker

Course

Salads Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
 Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
 Halloween

Cost

Under \$10

Difficulty Level

Medium

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