**Manicotti** (for 4 people)

1. **Pasta**

In a large pot of boiling water, cook 8 manicotti shells until slightly under done.

1. **Meat Sauce**

300 mL ground beef

1. onion, diced
2. cloves of garlic
3. tomatoes (796 mL can, drained will make 500 mL)

2 bay leaves (do not crush)

2 tins tomato paste

4 mL salt

4 mL basil

6 mL oregano

1. mL pepper
2. In a large pot over medium heat, sauté beef, onion and garlic until ground beef is no longer pink.
3. In a large bowl, crush or cut up drained tomatoes. Add tomato paste and spices.
4. Place tomato mixture with the meat mixture. Bring to a boil then reduce the heat to low to simmer for 30 minutes. Remove bay leaves.
5. **Filling**

300 mL ground beef

60 mL onion, chopped

2 cloves of garlic

100 mL breadcrumbs

90 mL Parmesan cheese

30 mL heavy cream

2 eggs, lightly beaten

2 mL oregano

Salt and pepper

1. In a frying pan over medium heat, sauté ground beef, onion and garlic until ground beef is no longer pink.
2. Transfer to a bowl and add remaining ingredients. Mix well.
3. **Bechamel (white sauce)**

60 mL margarine

60 mL flour

250 mL milk (80 mL milk powder)

250 mL heavy cream

4 mL salt

Dash pepper

1. In a medium pot over medium heat, melt margarine. Stir in flour to make a paste.
2. Gradually add milk and cream, stirring constantly until it thickens (=boils).
3. Remove from heat and season.
4. **To Assemble**
5. Preheat oven 450 F.
6. Equally divide meat filling into 8 portions. Place each portion of meat filling in one of the cooked shells.
7. Grease two large casserole dishes.
8. Place filled manicotti shells in pan.
9. Cover with meat sauce
10. Spoon on béchamel sauce.
11. Sprinkle with Parmesan cheese.
12. Bake for 25 minutes.