



REAL BALANCED · TONIGHT'S DINNER

baked tortellini with meat sauce

PREP 13 MIN · COOK 32 MIN · TOTAL 50 MIN · SERVES 6

This Baked Tortellini with Meat Sauce is a simple dinner made with refrigerated cheese tortellini, ground beef, jarred marinara, and mozzarella — all baked together until the pasta is tender and the cheese on top is melted and lightly golden. The tortellini go

INGREDIENTS

- ☐ 1 pound ground beef
- ☐ 1 jar marinara sauce (24 ounces)
- ☐ ½ teaspoon garlic powder
- ☐ ½ teaspoon Italian seasoning
- ☐ ¼ teaspoon pepper
- ☐ 18 ounces refrigerated cheese tortellini
- ☐ 2 cups shredded mozzarella, divided
- ☐ grated Parmesan
- ☐ chopped fresh basil

MAKE IT

1. Preheat oven: Preheat oven to 375°F. Grease a 9x13-inch baking dish.
2. Cook the beef: In a large skillet, brown the ground beef over medium-high heat for about 6–8 minutes. Carefully drain excess grease.
3. Combine: Transfer the cooked beef to the prepared baking dish. Add the marinara sauce, garlic powder, Italian seasoning, and pepper. Stir to combine. Add the uncooked tortellini and stir until evenly coated. Stir in 1 cup of the mozzarella.
4. Bake covered: Cover tightly with foil and bake for 20–25 minutes, until the tortellini is tender and the sauce is bubbly.
5. Add cheese: Remove the foil, sprinkle the remaining 1 cup mozzarella over the top, and bake uncovered for an additional 5–7 minutes until the cheese is melted and lightly browned.
6. Rest and serve: Let stand 5 minutes before serving. Top with grated Parmesan and fresh basil if desired.

PER SERVING 581 calories 36 g protein 44 g carbs 5 g fiber 29 g fat 1190 mg sodium

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