



## Pasta Bake



6 servings



1 hour

### INGREDIENTS

- 1 lb. rigatoni or penne pasta
- 1 Tbsp extra-virgin olive oil
- 1 lb. lean ground beef
- 1 (24 oz) jar tomato sauce
- 1 (16 oz) container 2% or whole milk cottage cheese
- 1 (8 oz) bag shredded italian cheese blend

### NOTES:

15-20 min. prep & 30 min. baking time

### TIPS:

- Add some veggies. You can add veggies to this dish or even replace the meat with vegetables.
- Swap out cheeses. You can use ricotta for the cottage cheese and other cheese for the top.
- Under cook your pasta slightly so it keeps it's texture.
- Experiment! This recipe is perfect to try different combinations. You can use alfredo sauce, pesto, etc.

### DIRECTIONS

1. Preheat oven to 425°
2. Fill a large pot with water, add salt, and bring it to a boil over high heat. Cook the pasta for about 10 minutes or 1 to 2 minutes before the cooking time recommended on the package. The pasta will still be firm. Drain the pasta into a colander set in the sink.
3. In the meantime, heat the oil in a large skillet set over medium-high heat. Add the ground beef and cook it, breaking it up with a wooden spoon until no longer pink, about 5 minutes. If you'd like, drain the excess fat.
4. Stir in pasta sauce and cook until warm, 3 to 4 minutes. Add the pasta to the sauce and stir to combine.
5. Pour half of the mixture into a 13x9-inch casserole. Make dollops of cottage cheese on top, then cover with half of the shredded cheese. Spread the remaining pasta on top and finish with the remaining shredded cheese evenly scattered on top.
6. Bake until bubbly and cheese is melted and lightly browned, about 30 minutes. Let sit for 10 minutes before serving.