Stuffed Shells with Meat Sauce

Meat Sauce

6 ounces 93% lean ground beef

1 Tablespoon soy sauce

3 cans diced tomatoes

1 Tablespoon olive oil

1 onion, chopped fine

2 Tablespoons tomato paste

3 cloves garlic, minced

1/4 teaspoon red pepper flakes

1/2 teaspoon salt

3/4 cup finely chopped fresh basil  (I used 1 t. dried basil)

Shells

12 ounce box jumbo pasta shells

32 saltine crackers (I substituted some leftover wheat crackers from my pantry.)

2 1/2 cups fat free cottage cheese

8 ounces shredded mozzarella cheese

1 ounce Parmesan cheese

2 Tablespoons chopped fresh basil

2 cloves garlic, minced

Pulse beef and soy sauce in cuisinart.   Transfer to a bowl.  Add tomatoes to cuisinart and process until smooth.  Heat oil in skillet and add onion.  Saute 5 minutes.  Stir in beef mixture and cook until no longer pink.  Add tomato paste, garlic and pepper flakes.  Cook 1 minute.  Stir in tomatoes and salt.  Simmer until thickened.  (about 25 minutes.)  Stir in basil.  Cook pasta shells according to package directions.  Drain shells on a towel lined baking sheet.  Pulse crackers in cuisinart.  Add cottage cheese, 1 1/2 c. mozzarella, Parmesan, basil, garlic and 1/2 t. salt.  Process until smooth.  Transfer to a ziploc bag, snip corner and pipe into shells.  Spread 1/2 of meat sauce into two 8” square pans.  Arrange filled shells over sauce.  Spread remaining sauce over shells.  Bake 45 minutes at 375.  Sprinkle with cheese and bake another 20 minutes.