

Vegan Stuffed Shells

Ingredients

26 large pasta shells
2 tablespoons olive oil
2 medium yellow onion, chopped
6 cloves garlic, minced
2 cups mushrooms, chopped
6 cups baby spinach, washed and chopped
3 tablespoons fresh oregano, chopped
1 can cannellini beans, drained and rinsed
1 package tofu, 14 oz, drained
2 tablespoons nutritional yeast
1 teaspoon salt
marinara sauce



Method

1. Preheat oven to 350 degrees.
 2. Bring a large pot of water to a boil and add the shells. Boil until al dente, then drain and set aside.
 3. In a high powered blender or Vitamix, blend beans, tofu, nutritional yeast, and salt on high until smooth. Pour into a large mixing bowl and set aside.
 4. In a medium sauce pan, heat the olive oil over medium high heat. Add the onions and sauté for 5 minutes. Add the garlic and sauté another 3-4 minutes until both are soft. Add the mushrooms, baby spinach, and oregano. Sauté, stirring often, until the spinach is wilted. When fully cooked, add to the bean/tofu mixture and stir until fully combined.
 5. Pour a thin layer of marinara evenly on the bottom of a casserole dish. Fill each shell with a generous spoonful of the filling mixture and place in the casserole dish. Repeat until all shells are full. Drizzle marinara sauce on top, as well as an extra drizzle of olive oil, if desired. Sprinkle with salt. Place the casserole dish in the oven and bake for 30-35 minutes. Serve hot.
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Source: [The Ginger Veganista \(Servings: 13 | Yield: 26 shells\)](#)
