

Ultimate Baked Meat Cannelloni with Creamy BØchamel and Marinara

Baked Meat Cannelloni with Creamy Sauce



OVEN
350°F

TIME
1 min

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SAVE
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INGREDIENTS

For the Filling 50:

For the Assembly 1:

DIRECTIONS

1. Steps for the : Recipe
2. Prepare the : Meat Filling
3. In a large skillet, heat a splash of olive oil over medium heat. Add the chopped onion and garlic, sautéing until they are soft and fragrant. Add your ground beef (or sausage) and cook until fully browned. Make sure to break the meat into very small crumbles so it fits easily into the tubes. Stir in the oregano, paprika, salt, and pepper. Remove from heat and let it cool slightly-this makes stuffing the tubes much easier!
4. Make the : White Sauce (BØchamel)
5. In a medium saucepan, melt the butter over medium-low heat. Whisk in the flour and cook for about 1 minute to remove the raw flour taste. Slowly pour in the warm milk, whisking constantly. Continue to cook and whisk until the sauce thickens enough to coat the back of a spoon. Season with salt, pepper, and a pinch of nutmeg.
6. Assemble the : Cannelloni
7. Preheat your oven to 180°C. Spread the 1 cup of marinara sauce across the bottom of a 9x13 inch baking dish. This prevents the pasta from sticking and provides a flavorful base. Using a small spoon or a piping bag (with no tip), fill each dry cannelloni tube with the meat mixture. Arrange them in a single layer over the marinara.
8. Pour the creamy BØchamel sauce evenly over the top, ensuring every inch of pasta is covered (this is vital for the pasta to cook through!). Top with a generous layer of mozzarella and parmesan.

9. Cover the dish with foil (tented so it doesn't touch the cheese) and bake for 20 minutes. Remove the foil and bake for another 10-15 minutes until the cheese is golden-brown and bubbling.

SWAPS & NOTES

The Meat: You can easily swap the ground beef for ground turkey or chicken for a lighter version.

If you want a vegetarian option, a mixture of spinach and ricotta works beautifully here.

The Sauce: If you are short on time, you can use a high-quality jarred Alfredo sauce in place of the Bøchamel, though the homemade version is significantly better.

The Pasta: If you can't find cannelloni tubes, manicotti shells are a perfect substitute.

TIPS FOR SUCCESS

Don't Overcook the Meat: Since the meat will bake again in the oven, stop cooking it just as the pink disappears to keep it juicy.

Cover the Pasta Completely: If any part of the cannelloni tube is left "naked" without sauce, it will remain hard and crunchy after baking.

The Piping Bag Trick: If you find it tedious to spoon meat into the tubes, put the meat in a large gallon-sized Ziploc bag, snip off the corner, and squeeze the filling in!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/ultimate-baked-meat-cannelloni-with-creamy-bechamel-and-marinara/>