

## Italian-Style Meat Cannelloni with White Sauce

Baked Meat Cannelloni with Creamy Sauce



**OVEN**  
**350°F**

**TIME**  
**1 min**

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### INGREDIENTS

For the Meat Filling:

- 500 g (1 lb) ground beef or sausage
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- Salt and black pepper to taste

For the Bøchamel Sauce:

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 3 cups warm milk
- Pinch of nutmeg (optional)
- Salt and pepper to taste

For Assembly:

- 12-14 cannelloni tubes, uncooked
- 1 cup marinara or tomato sauce
- 2 cups shredded mozzarella cheese
- $\frac{1}{2}$  cup grated Parmesan cheese

### DIRECTIONS

1. Preheat: Preheat oven to 350°F (180°C).
2. Cook the Meat: In a skillet over medium heat, sauté onion and garlic in a little olive oil until fragrant.
3. Add ground beef or sausage and cook until browned. Season with oregano, paprika, salt, and black pepper. Remove from heat and let cool slightly.
4. Make the Bøchamel: In a saucepan, melt butter over medium heat. Stir in flour and cook for 1 minute.
5. Gradually whisk in warm milk, stirring constantly until thickened. Season with salt, pepper, and nutmeg.
6. Prepare the Baking Dish: Spread marinara sauce evenly on the bottom of a baking dish.
7. Fill the Cannelloni: Fill each uncooked cannelloni tube with the meat mixture and arrange in the dish.
8. Add the Creamy Sauce: Pour bøchamel sauce evenly over the cannelloni, ensuring they are fully covered.
9. Top with Cheese: Sprinkle mozzarella and Parmesan evenly over the top.
10. Bake: Bake for 30-35 minutes until golden and bubbling. Let rest for 5 minutes before serving.

### SWAPS & NOTES

& Swaps Ground meat: Italian sausage adds extra seasoning.

Milk: Whole milk creates the creamiest bøchamel.

Nutmeg: A small pinch enhances the white sauce without overpowering it.

Cheese blend: Add provolone or fontina for extra richness.

### TIPS FOR SUCCESS

Use a piping bag (or zip-top bag with the corner snipped) to easily fill cannelloni.

Ensure cannelloni are fully covered in sauce to cook properly.

Let the dish rest before serving for easier slicing.

Slightly undercook the meat filling since it will continue cooking in the oven.

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

Original recipe: <https://chefmaniac.com/italian-style-meat-cannelloni-with-white-sauce/>