

Everyday Kosher Cooking

VEGETARIAN SHELLS

Ingredients:

- 1 lb. Pearl Barley
- 1 Medium Onion
- 1 Carrot
- 1/2 Cup Canola Oil
- 30 Large Pasta Shells
- 1 Jar Marinara Sauce



Directions:

Boil pearl barley till soft (in salted water).

Cook 30 large pasta shells until al dente.

Sauté onion in oil until golden then add diced carrot and continue to sauté until soft.

When soft, add barley to sauté onions and mix.

With spoon gently stuff the shells.

Place in pretty casserole dish into 1 1/2 inches of Mariana sauce.

Bake at 350 degrees uncovered for 30 minutes.



Recipe By Chef Nechama Katz