

Heritage Recipes

You can share old family recipes and traditions

June's Beef & Shells

from Nancy

This was a staple weekday dish in my house, growing up. Dad worked in a commercial laundry, and mum worked part-time, spending many years as our village's head librarian. Mum liked to cook, but with a job, two kids, a husband and a home to look after, she often made simple, tasty dishes on busy weeknights. The recipe was her own creation. When she couldn't find medium pasta shells, she sometimes substituted either wide egg noodles or elbow macaroni.

June's Beef & Shells

1 lb ground beef
1 TBLS oil
1 small can peas, drained
1 small can Contadina tomato paste
1 15 ½ oz. can Hunt's tomato sauce
2 ½ tsp onion powder
1 ½ tsp garlic powder
½ box shell pasta (about 8 oz.), cooked

Cook elbows in boiling salted water until tender. Rinse briefly in cold water, and drain. Set aside. Meanwhile, Brown ground beef in oil. Drain off excess fat. Stir in elbows and remaining ingredients. Simmer over medium-low heat for 20 minutes, stirring occasionally to keep from burning. Serves 4 to 6.

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