



Beef cannelloni

20'
Hands on

120'
Cook Time

8-10
Portion(s)

2
Difficulty



Ingredients

For the tomato sauce

- 1 onion, dry
- 3-4 tablespoon(s) olive oil
- 1 clove(s) of garlic
- 1 tablespoon(s) thyme
- 2 tablespoon(s) basil leaves
- 1 pinch granulated sugar
- 1/2 teaspoon(s) cinnamon
- 1/2 teaspoon(s) nutmeg
- 1 tablespoon(s) tomato paste
- 50 g white wine
- 1 beef bouillon cube
- 800 g canned tomatoes
- 1 tablespoon(s) oregano
- salt
- pepper

For the ground meat

- 1 tablespoon(s) olive oil
- 1 kilo ground beef
- salt
- pepper

For the béchamel sauce

- 100 g butter
- 100 g all-purpose flour
- 750 g milk
- salt
- pepper
- 3 egg yolks
- 1 pinch nutmeg
- 50 g parmesan cheese, grated

To assemble

- 250 g cannelloni
- 50 g parmesan cheese, grated

To serve

- basil leaves

Method

For the tomato sauce

- Place a [pot](#) over high heat and add the olive oil.
- Coarsely [chop](#) the onions and add them to the pot.
- Finely chop the garlic and add to the pot.
- Add the thyme and the 1 tablespoon of basil leaves. Mix with a wooden spoon.
- Add the sugar, nutmeg and cinnamon. Sauté for 2-3 minutes to caramelize.
- Add the tomato paste. Mix with a wooden spoon and scrape the bottom of the pan to sauté the tomato paste, until golden. This will help it lose its bitterness.
- Add the wine and allow it to evaporate.
- Add the canned tomatoes and oregano. Mix.
- As soon as the mixture comes to a boil, add the remaining 1 tablespoon of basil leaves, salt and pepper.
- Mix, remove from heat and set aside.

For the ground meat

- Place a pot over high heat and add 1 tablespoon of olive oil.
- Add the ground meat and sauté for 3-4 minutes, until golden.
- Add half of the tomato sauce to a baking pan and the remaining half to the pan with the ground meat.
- Season with salt and pepper.
- As soon as the liquid in the pan has evaporated, remove from heat and set aside.

For the béchamel sauce

- Place a pot over medium heat.
- Add the butter and whisk until it melts.
- Add the flour and whisk until incorporated.
- Add the milk in small batches, while continuously whisking so that no lumps form.
- Season with salt and pepper. As soon as you see the first bubble appear in the mixture and the béchamel sauce thickens, remove from heat.
- Add the egg yolks, nutmeg and 50 g parmesan. Whisk until incorporated.

To assemble

- Preheat oven to 180* C (350* F) Fan.
- Place one cannelloni at a time in the pot and fill with mixture by using your hands.
- Transfer each filled cannelloni to the [baking pan](#), placing them one next to the other over the tomato sauce.
- Pour the béchamel sauce over them and spread it evenly with a spoon, making sure the whole surface of the cannelloni is completely covered.
- Sprinkle with 50 g of parmesan and cover baking pan with parchment paper first and then with aluminum foil.
- Bake for 30 minutes.
- Uncover and bake again for 15 minutes, until golden.
- When ready, remove from oven and allow to cool.
- Serve with basil leaves.

Διατροφικός πίνακας

Nutrition information per portion

522 Calories (kcal)	27.0 Total Fat (g)	12.0 Saturated Fat (g)	33.0 Total Carbs (g)
26%	39%	60%	13%
9.0 Sugars (g)	34.0 Protein (g)	3.3 Fibre (g)	0.56 Sodium (g)
10%	68%	13%	9%