

Bechemal and Pasta

Ingredients

1 pound penne pasta.
1 pound ground beef or Turkey.
1 15 oz diced tomatoes.
1 onion, chopped.
1 garlic clove, crushed.
3 tablespoons chopped fresh parsley.
1 tablespoons fresh or dry mint.
salt and pepper.
2 tablespoons olive oil.
1/4 cup butter.
1/2 cup all purpose flour.
2 1/2 cups milk.
heat oven 400.

In boiling water cook the pasta until tender, drain and rinse.

In a skillet add olive oil, onion, garlic, salt, pepper and cook until soft about 5-6min then add ground beef or Turkey until browned and then add tomatoes until sauce is reduced, about 15 min then add fresh parsley and mint.

white sauce:

In a saucepan melt butter stir in flour and cook for 1 min then gradually stir in milk add salt and pepper cook on slow heat continue stirring until the sauce is thick and remove from heat.

In 9x13 dish spray with non stick butter add half of the pasta and add the beef or Turkey mix then add the rest of the pasta and cover with the white sauce mix.

Bake for 50 min or until top is golden.. Enjoy