

# Cannelloni Crepes

(Carmel Dolan)



Serves 4

## Crepe Ingredients

- 1 C. Flour
- 1 ½ C. Milk
- 1 Egg
- ¼ Tsp. Salt

## Crepe Method

1. Beat until blended.
2. Lightly grease a 6" pan.
3. Spoon 2 Tbsp. of batter in pan; lift & spread.
4. Brown on one side. Invert pan on paper towel.
5. Repeat till all batter is used.

## Filling Ingredients

- ½ of 10 oz. Pkg of Frozen Spinach
- ½ Lb. Lean Ground Beef or Pork
- ¼ C. Each Onion, Celery - Chopped
- ¼ C. Carrot - Shredded
- 1 Small Garlic Clove - Minced
- 2 Tbsp. Grated Parmesan
- 2 Tbsp. Dry White Wine
- 2 Tbsp. Tomato Paste
- ¼ Tsp. Each Dried Basil & Oregano
- ½ Tsp. Salt
- 1 Egg - Beaten

## Sauce Ingredients

- ½ C. Cold Milk
- 2 Tbsp. Flour
- ½ Tsp. Chicken Bouillon Granules
- Dash Pepper
- ½ C. Shredded Mozzarella

## Filling Method

1. Cook spinach, drain well & squeeze out excess water. Set aside.
2. Cook meat, onion, celery, carrot & garlic till meat is browned and vegetables tender. Drain.
3. Stir in spinach, parmesan cheese, wine, tomato paste, beaten egg, basil, oregano and salt. Cook and stir till thickened & bubbly. Remove from heat.
4. Spoon about 1 ¼ C. filling on the browned side of the crepe & roll up.
5. Arrange in a 9 x 13 baking dish, pour over sauce.
6. Cook & bake at 375° for 20 mins.
7. Uncover and sprinkle with mozzarella cheese, bake uncovered for a further 3 mins.