

Treasure Barrel

Dump-and-Bake Meatball Casserole (No-Boil Pasta)

15 min Prep time	**45 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

For the Casserole

- [ ] 1 lb (about 24) frozen fully cooked beef and lamb meatballs, thawed
- [ ] 1 (16 oz) box uncooked rigatoni pasta
- [ ] 1 (24 oz) jar marinara sauce
- [ ] 1 ½ cups low-sodium chicken broth
- [ ] 1 tsp Italian seasoning
- [ ] ½ tsp garlic powder
- [ ] ¼ tsp black pepper

For the Topping

- [ ] 2 cups shredded low-moisture mozzarella cheese
- [ ] ¼ cup grated Parmesan cheese
- [ ] 2 tbsp chopped fresh parsley (for garnish)

Instructions

1. Preheat your oven to 375°F (190°C). Grab a 9x13 inch baking dish and give it a light coating of non-stick spray. Honestly, this just makes cleanup easier later.

2. Spread the uncooked rigatoni pasta evenly over the bottom of the dish. Scatter the thawed meatballs on top of the pasta. Yeah, just dump 'em right in there. Try to get them somewhat evenly distributed.

3. In a medium bowl, whisk together the marinara sauce, chicken broth, Italian seasoning, garlic powder, and black pepper. Pour this mixture evenly over the pasta and meatballs. Gently shake the dish back and forth a bit to help the liquid settle down into the pasta.

4. Cover the baking dish very tightly with aluminum foil. This is important—you want to trap all that steam inside to cook the pasta. Bake, covered, for 30 minutes.

5. Carefully remove the dish from the oven and take off the foil. The pasta should be starting to soften. Give everything a gentle stir, just to redistribute the sauce and check on the pasta. It will still be a bit firm, and that's okay.

6. Sprinkle the shredded mozzarella and Parmesan cheeses evenly over the top. Return the dish to the oven, uncovered, and bake for another 15-20 minutes, or until the cheese is melted, bubbly, and starting to get golden spots.

7. Take the casserole out of the oven and let it stand for at least 10 minutes before serving. This waiting time is tough, I know, but it lets the sauce thicken up perfectly. Sprinkle with fresh parsley right before you dish it out.

Nutrition per serving

480 kcal	28 g	52 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a bit more richness, you can substitute 1/2 cup of the chicken broth with heavy cream.
- Leftovers keep well in the fridge for up to 4 days. Reheat gently in the microwave or a covered skillet with a tiny splash of water to keep it moist.
- If you love extra cheese, feel free to add a layer in the middle of the casserole as well as on top.