



Introduction

Beef and rotini in garlic Parmesan sauce is a delightful dish that combines tender beef with pasta in a creamy, flavorful sauce. This recipe is perfect for a comforting weeknight meal, offering a balance of savory and cheesy flavors that will satisfy your cravings. Easy to prepare and sure to impress, this dish can quickly become a family favorite.

Detailed Ingredients with measures

- Rotini pasta - 8 ounces

- Ground beef - 1 pound
- Minced garlic - 4 cloves
- Chicken broth - 1 cup
- Heavy cream - 1 cup
- Grated Parmesan cheese - 1 cup
- Olive oil - 2 tablespoons
- Italian seasoning - 1 teaspoon
- Salt and pepper - to taste
- Fresh parsley - for garnish

Prep Time

Preparation time for this dish is approximately 10 minutes. This involves gathering your ingredients, chopping garlic, and measuring out your liquids and spices.

Cook Time, Total Time, Yield

The cook time for beef and rotini in garlic Parmesan sauce is around 20 minutes. Thus, the total time from start to finish is about 30 minutes. This recipe yields approximately 4 servings, making it an ideal dish for family meals or small gatherings.



Detailed Directions and Instructions

Step 1: Cook the Rotini

Bring a large pot of salted water to a boil. Add the rotini pasta and cook according to the package instructions until al dente. Drain and set aside.

Step 2: Prepare the Beef

In a large skillet over medium-high heat, add a tablespoon of olive oil. Once hot, add the ground beef, breaking it apart with a spatula. Cook until browned and fully cooked through, about 5-7 minutes. Drain excess grease.

Step 3: Sauté the Garlic

Reduce the heat to medium. Add minced garlic to the skillet with the beef. Sauté for about 1-2 minutes until fragrant, being careful not to burn the garlic.

Step 4: Make the Sauce

Stir in heavy cream and grated Parmesan cheese into the skillet. Mix well to combine. Allow the sauce to simmer for a few minutes, stirring occasionally until it thickens.

Step 5: Combine Pasta and Sauce

Add the drained rotini pasta to the skillet with the garlic Parmesan sauce. Toss everything together until the pasta is well-coated with the sauce. Cook for an additional 1-2 minutes.

Step 6: Serve

Remove from heat and transfer the beef and rotini to serving plates. Garnish with additional Parmesan and chopped parsley, if desired. Serve immediately.

Notes

Note 1:

Feel free to add vegetables such as spinach or bell peppers for extra flavor and nutrition.

Note 2:

The sauce can be adjusted to your taste by adding more or less garlic and Parmesan cheese.

Note 3:

Store any leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stove over low heat or in the microwave.

Note 4:

Consider using a meat substitute or a different type of protein for variations of this recipe.



Cook techniques

Boiling Pasta

Boil water in a large pot, add salt, and cook rotini until al dente. Drain and set aside.

Searing Beef

Heat oil in a skillet over medium-high heat. Add beef and cook until browned on all sides.

Making Garlic Parmesan Sauce

In a saucepan, melt butter, add minced garlic, and sauté until fragrant. Whisk in heavy cream and Parmesan cheese until smooth.

Combining Ingredients

Mix cooked rotini with seared beef and pour the garlic Parmesan sauce over the top. Stir until well combined and heated through.

FAQ

Can I substitute rotini pasta with another type?

Yes, you can use any pasta shape you prefer, such as penne or fusilli.

Is there a way to make this dish gluten-free?

Yes, simply use gluten-free pasta and ensure that other ingredients are also gluten-free.

Can I use a different type of cheese?

Absolutely, you can substitute Parmesan with Pecorino Romano or any cheese

of your liking.

How can I add more vegetables to the dish?

You can include sautéed vegetables like spinach, bell peppers, or broccoli for added flavor and nutrition.

Can I prepare this dish in advance?

Yes, you can prepare the beef and sauce in advance and combine them with the pasta just before serving.



Conclusion

The Beef and Rotini in Garlic Parmesan Sauce is a delicious and satisfying dish that combines tender beef and pasta in a rich, creamy sauce. This meal is perfect for a weeknight dinner, offering both flavor and comfort. Its ease of preparation makes it an ideal choice for those who are short on time but still want to enjoy a homemade meal. With just a few ingredients, you can create a hearty dish that will please the whole family.

More recipes suggestions and combination

Vegetable Rotini Primavera

Combine rotini with a mix of seasonal vegetables like bell peppers, zucchini, and cherry tomatoes in a light garlic and olive oil sauce for a fresh, vibrant dish.

Creamy Chicken and Spinach Pasta

Swap out beef for chicken and add fresh spinach to a creamy Parmesan sauce for a delightful twist on the original recipe.

Beef Stroganoff with Egg Noodles

Use tender beef strips in a savory mushroom and sour cream sauce served over egg noodles for a rich, comforting meal.

Seafood Pasta with Garlic and Herbs

Try a combination of shrimp and scallops in a garlic butter sauce tossed with linguine for a seafood delight that pairs wonderfully with Parmesan.

One-Pot Mediterranean Pasta

Mix rotini with olives, sun-dried tomatoes, feta cheese, and basil for a Mediterranean-inspired pasta that's easy to prepare and bursting with flavor.

