



Garlic Parmesan Beef and Rotini Recipe

Introduction

Beef and Rotini in Garlic Parmesan Sauce is a delicious and comforting dish that perfectly combines the flavors of savory ground beef, tender rotini pasta, and a creamy garlic Parmesan sauce. This hearty meal is perfect for a family dinner or a cozy night in, offering a satisfying and flavorful experience that will please everyone at the table.

Detailed Ingredients

1 lb ground beef 12 oz rotini pasta 4 cloves garlic, minced 2 tbsp butter

1 cup heavy cream 1/2 cup grated Parmesan cheese 1/2 cup chicken broth Salt and pepper, to taste Fresh parsley (optional), for garnish

Prep Time

10 minutes

Cook Time

25 minutes

Total Time

35 minutes

Yield

Serves 4

Instructions

1. **Cook the Rotini Pasta:** Bring a large pot of salted water to a boil. Add the rotini pasta and cook according to the package instructions until al dente. Reserve about 1/2 cup of pasta water, then drain the pasta and set aside.
2. **Brown the Ground Beef:** In a large skillet, heat 1 tablespoon of butter over medium heat. Add the ground beef

and cook, breaking it apart with a spoon, until browned and fully cooked through. Drain any excess fat, if necessary, and season with salt and pepper to taste. 3. ****Prepare the Garlic Parmesan Sauce:**** In the same skillet, add the remaining 1 tablespoon of butter. Add the minced garlic and sauté for about 1-2 minutes until fragrant, being careful not to burn the garlic. Pour in the chicken broth and heavy cream, stirring to combine. Bring the mixture to a simmer and let it cook for about 3-4 minutes until the sauce slightly thickens. 4. ****Combine Beef, Pasta, and Sauce:**** Return the cooked beef to the skillet with the sauce. Stir in the grated Parmesan cheese until it melts into the sauce, creating a creamy texture. Add the cooked rotini pasta to the skillet, tossing to ensure it's evenly coated with the sauce. If the sauce is too thick, gradually add some of the reserved pasta water until the desired consistency is achieved.

See also Reuben Casserole

5. ****Serve and Garnish:**** Serve the dish immediately, garnished with fresh parsley if desired. Enjoy your hearty and comforting Beef and Rotini in Garlic Parmesan Sauce!

Detailed Directions and Instructions

Cook the Rotini Pasta

- Bring a large pot of salted water to a boil. - Add the rotini pasta and cook according to the package instructions until al dente. - Reserve about 1/2 cup of pasta water, then drain the pasta and set aside.

Brown the Ground Beef

- In a large skillet, heat 1 tablespoon of butter over medium heat. - Add the ground beef and cook, breaking it apart with a spoon, until browned and fully cooked through. - Drain any excess fat, if necessary, and season with salt and pepper to taste.

Prepare the Garlic Parmesan Sauce

- In the same skillet, add the remaining 1 tablespoon of butter. - Add the minced garlic and sauté for about 1-2 minutes until fragrant, being careful not to burn the garlic. - Pour in the chicken broth and heavy cream, stirring to combine. - Bring the mixture to a simmer and let it cook for about 3-4 minutes until the sauce slightly thickens.

Combine Beef, Pasta, and Sauce

- Return the cooked beef to the skillet with the sauce. - Stir in the grated Parmesan cheese until it melts into the sauce, creating a creamy texture. - Add the cooked rotini pasta to the skillet, tossing to ensure it's evenly coated with the sauce. - If the sauce is too thick, gradually add some of the reserved pasta water until the desired consistency is achieved.

Serve and Garnish

- Serve the dish immediately, garnished with fresh parsley if desired. - Enjoy your hearty and comforting Beef and Rotini in Garlic Parmesan Sauce!

Notes

Storage

- Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Reheating

- Reheat in a skillet over medium heat, stirring occasionally. You may need to add a splash of chicken broth or water to loosen the sauce.

See also Candy Grapes

Variations

- Feel free to add vegetables such as spinach, bell peppers, or mushrooms to the dish for added flavor and nutrition.

Cooking Tips

- Make sure not to overcrowd the skillet when browning the beef to achieve even cooking and proper browning.

Cook techniques

Cooking Pasta

To cook rotini pasta, bring a large pot of salted water to a boil. Add the pasta and cook according to the package instructions until al dente. It's important to reserve some pasta water to adjust the sauce later if necessary.

Brown the Ground Beef

In a skillet over medium heat, add butter and allow it to melt. Then, add ground beef and break it apart while cooking until browned throughout. Make sure to drain any excess fat for a healthier dish, and season with salt and pepper according to taste.

Sautéing Garlic

When preparing garlic, sauté it in butter over medium heat for about 1-2 minutes until it becomes fragrant. Be cautious not to burn the garlic, as it can impart a bitter flavor to the dish.

Making the Sauce

Combine sautéed garlic with chicken broth and heavy cream in the skillet. Bring the mixture to a simmer, allowing it to cook for a few minutes until it thickens slightly. This creates a creamy base for your dish.

Combining Ingredients

Return the browned beef to the sauce and stir in grated Parmesan cheese until it melts. Then, add the cooked rotini pasta to the skillet, tossing everything together to ensure the pasta is well-coated with the sauce. If needed, adjust the consistency with reserved pasta water.

Garnishing the Dish

Serve your dish immediately, optionally garnishing with fresh parsley for a pop of color and added flavor. Enjoy your meal as a comforting and hearty option.

FAQ

Can I use a different type of pasta?

Yes, you can substitute rotini with other pasta types like penne, fusilli, or farfalle, as long as you adjust the cooking time as per the package instructions.

See also [Stuffed Eggs with Dried Tomatoes](#)

Is it possible to make this recipe healthier?

Absolutely! You can use lean ground beef or ground turkey to reduce fat content and opt for whole-grain pasta for added fiber.

Can I make this dish ahead of time?

Yes, you can prepare the beef and sauce in advance. Just cook the pasta fresh before serving to maintain its texture.

What can I add for extra flavor?

You can enhance the dish with added herbs, such as basil or oregano, or by incorporating vegetables like spinach or bell peppers into the sauce.

How do I store leftovers?

Store any leftovers in an airtight container in the refrigerator for up to three days. Reheat gently on the stove, adding a splash of broth or water if needed to loosen the sauce.

Conclusion

This Beef and Rotini in Garlic Parmesan Sauce is a delicious and satisfying dish that brings together the rich flavors of ground beef and a creamy garlic sauce, all enveloping the perfectly cooked rotini pasta. It's an ideal choice for a cozy dinner and is sure to please the entire family.

More recipes suggestions and combination

Chicken Alfredo with Broccoli

A classic combination of tender chicken, broccoli florets, and fettuccine pasta tossed in a creamy Alfredo sauce for a comforting meal.

Taco Pasta

Try mixing ground beef with taco seasoning, rotini pasta, diced tomatoes, and cheese for a fun twist on traditional tacos.

Vegetable Primavera

A colorful medley of seasonal vegetables combined with spaghetti and a light garlic and olive oil sauce for a fresh and healthy option.

Cheesy Spinach and Ricotta Stuffed Shells

Jumbo pasta shells filled with a mixture of spinach, ricotta, and mozzarella cheese, baked in marinara sauce for a hearty Italian dish.

Beef Stroganoff

Thinly sliced beef cooked in a creamy mushroom sauce served over egg noodles for a rich and comforting classic.

One-Pot Creamy Tomato Pasta

A simple one-pot meal where pasta is simmered in a creamy tomato sauce with garlic and herbs, perfect for a quick weeknight dinner.

Pin it

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