

Garlic Cream Beef Pasta Recipe That's Fast, Flavorful & Family-Friendly

Beef Pasta in a Creamy Garlic Sauce



TIME
30 min

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INGREDIENTS

- 1 lb ground beef
- 8 oz pasta (penne, rotini, or your favorite)
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 cup heavy cream
- $\frac{1}{2}$ cup beef broth
- 1 cup grated Parmesan cheese
- $\frac{1}{2}$ cup cream cheese
- ... cup sun-dried tomatoes, chopped
- 1 tsp Italian seasoning
- ... tsp red pepper flakes
- Salt and pepper to taste
- 1 tbsp butter
- ... cup shredded mozzarella
- Fresh parsley, chopped (for garnish)

DIRECTIONS

- 1.** Cook the Pasta: Bring a pot of salted water to a boil. Cook pasta according to package instructions until al dente. Drain and set aside.
- 2.** Brown the Beef: Heat olive oil in a large skillet over medium heat. Add ground beef, breaking it apart with a spoon, and cook until browned-about 5-7 minutes.
- 3.** SautØ the Garlic: Add minced garlic to the skillet. Stir and cook for 1-2 minutes until fragrant.
- 4.** Build the Cream Sauce: Pour in heavy cream and beef broth. Add cream cheese and stir until melted and smooth. Let the sauce simmer for 3-4 minutes to thicken slightly.
- 5.** Add Flavor: Stir in grated Parmesan, sun-dried tomatoes, Italian seasoning, and red pepper flakes. Simmer for another 3 minutes. Season with salt and pepper.
- 6.** Combine: Add cooked pasta to the skillet and toss to coat with the creamy sauce.
- 7.** Finish Rich: Stir in shredded mozzarella and butter. Let everything melt together into a luxurious sauce.
- 8.** Serve: Top with chopped parsley and serve immediately.

TIPS FOR SUCCESS

Use room temperature cream cheese so it melts quickly and evenly.
Reserve pasta water to loosen the sauce if it becomes too thick.
Make it spicy : Double the red pepper flakes or add a pinch of cayenne.
Add veggies : Try sautØed spinach or mushrooms for extra nutrition. ?

