

One-Pot Creamy Beef and Shells: My Weeknight Pasta Savior

One-Pot Creamy Beef and Shells



TIME
30 min

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INGREDIENTS

- 1 pound ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 2 cups beef broth
- 1 (15-ounce) can tomato sauce
- 1 teaspoon Italian seasoning
- 8 ounces medium pasta shells
- $\frac{3}{4}$ cup heavy cream
- 1 cup shredded cheddar cheese
- Fresh parsley, chopped (for garnish)

DIRECTIONS

- 1. Brown the Beef:** In a large pot over medium heat, cook the ground beef, onion, and garlic until the meat is browned and the onion is tender. Drain any excess grease.
- 2. Add Seasoning and Sauce:** Stir in salt, pepper, beef broth, tomato sauce, and Italian seasoning. Bring the mixture to a boil.
- 3. Add the Pasta:** Pour in the pasta shells. Reduce heat to a simmer, cover, and cook for 10-15 minutes, stirring occasionally, until pasta is tender.
- 4. Stir in the Creaminess:** Once pasta is cooked, add the heavy cream and cheddar cheese. Stir until cheese is fully melted and the sauce is smooth and creamy.
- 5. Finish and Serve:** Sprinkle with fresh chopped parsley and serve hot. Optional: Add more cheese on top for an extra gooey finish!

TIPS FOR SUCCESS

Use freshly shredded cheese for the smoothest melt.

Don't overcook the pasta-check around 10 minutes and stir to prevent sticking.

Stir in a spoonful of cream cheese or a dab of butter at the end.

Add-ins: Frozen peas, sautéed mushrooms, or chopped spinach work well here.

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