

Garlic Parmesan Bowtie Pasta & Beef: Creamy & Comforting

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TIME
7-8 min

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INGREDIENTS

12 oz bowtie pasta (farfalle)
1 lb ground beef (lean or regular)
4 cloves garlic, minced
1 tsp Italian seasoning
‰ tsp salt (or to taste)
‰ tsp black pepper
1 (10 oz) can Rotel tomatoes with chilies, undrained (mild, original, or hot, depending on preference)
2 Tbsps butter (unsalted or salted)
1 cup heavy cream
1 cup beef broth (low sodium recommended)
1 cup grated Parmesan cheese
‰ cup shredded mozzarella cheese
‰ tsp red pepper flakes (optional, for heat)
Fresh parsley, chopped for garnish

Swaps and Notes:

Pasta: While bowtie pasta is fun, you can easily substitute with other pasta shapes like penne, rotini, or even spaghetti. Adjust cooking time according to package directions.

Ground Meat: Ground turkey or ground chicken can be used as leaner alternatives to ground beef. You could also use a mix of ground beef and Italian sausage for more flavor.

Rotel Tomatoes: If you don't have Rotel, you can use a can of diced tomatoes (drained) and add a

pinch of cayenne pepper or a finely diced jalapeño for a similar kick.

Cream/Broth: For a slightly lighter sauce, you can use half-and-half instead of heavy cream, but the sauce won't be quite as rich. Chicken broth works if you don't have beef broth.

Cheese: Freshly grated Parmesan cheese melts smoother and has better flavor than pre-grated. Feel free to use a different shred of cheese like Monterey Jack instead of mozzarella if preferred.

Spice Level: Adjust the red pepper flakes to your desired level of heat. Omit them entirely for a milder dish.

Fresh Herbs: While parsley is recommended for garnish, a few sprigs of fresh basil or oregano added at the end would also be wonderful.

Directions:

Cook the Pasta: Bring a large pot of salted water to a rolling boil. Add the bowtie pasta and cook according to the package instructions until it's al dente (firm to the bite). Once cooked, drain the pasta well and set it aside.

Brown the Beef: In a large skillet or Dutch oven, heat over medium heat. Add the ground beef and cook, crumbling it with a spoon, until it's nicely browned and no longer pink, about 7-8 minutes. Carefully drain any excess grease from the skillet.

Add Aromatics & Seasoning: Add the minced garlic, Italian seasoning, $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{2}$ teaspoon of black pepper to the browned beef. Cook for another minute, stirring constantly, until the garlic is fragrant.

Stir in Tomatoes: Stir in the undrained can of Rotel tomatoes with chilies. Let the mixture simmer for about 3 minutes, stirring occasionally, allowing the flavors to blend together nicely.

Create the Cream Sauce Base: Add the butter, heavy cream, and beef broth to the skillet. Stir everything together until well combined. Bring the mixture to a gentle simmer over medium-low heat, stirring occasionally.

Melt in Cheese: Reduce the heat to low. Add the 1 cup of grated Parmesan cheese and $\frac{1}{2}$ cup of shredded mozzarella cheese to the simmering sauce. Stir continuously until both cheeses are completely melted and the sauce becomes wonderfully smooth and creamy.

Combine Pasta & Beef: Add the cooked bowtie pasta to the skillet with the creamy beef sauce. Toss everything together gently until the pasta is fully coated in the sauce. Let it cook for 3 more minutes, stirring occasionally, allowing the pasta to absorb some of those delicious flavors.

Garnish & Serve: Sprinkle the $\frac{1}{2}$ teaspoon of red pepper flakes (if using) evenly over the pasta.

Garnish generously with fresh chopped parsley for a pop of color and freshness. Serve hot and enjoy every comforting bite!

Tips for Success:

Don't Overcook Pasta: Cook the bowtie pasta to al dente, as it will continue to absorb liquid and cook slightly when mixed with the hot sauce.

Drain Excess Grease: Draining the grease from the ground beef is important to prevent the final dish from being overly greasy.

Low Heat for Cheese: When adding the cheeses, keep the heat low and stir constantly to ensure a smooth, creamy sauce and prevent the cheese from clumping or separating.

DIRECTIONS

- 1. Cook the : Pasta:** Bring a large pot of salted water to a rolling boil. Add the bowtie pasta and cook according to the package instructions until it's al dente (firm to the bite). Once cooked, drain the pasta well and set it aside.
- 2. Brown the : Beef:** In a large skillet or Dutch oven, heat over medium heat. Add the ground beef and cook, crumbling it with a spoon, until it's nicely browned and no longer pink, about 7-8 minutes. Carefully drain any excess grease from the skillet.
- 3. Add : Aromatics & Seasoning:** Add the minced garlic, Italian seasoning, $\frac{1}{8}$ teaspoon of salt, and $\frac{1}{8}$ teaspoon of black pepper to the browned beef. Cook for another minute, stirring constantly, until the garlic is fragrant.
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coated in the sauce. Let it cook for 3 more minutes, stirring occasionally, allowing the pasta to absorb some of those delicious flavors.

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9. **Tips for Success: Don't Overcook Pasta:** Cook the bowtie pasta to al dente, as it will continue to absorb liquid and cook slightly when mixed with the hot sauce.
10. **Drain : Excess Grease:** Draining the grease from the ground beef is important to prevent the final dish from being overly greasy.
11. **Low : Heat for Cheese:** When adding the cheeses, keep the heat low and stir constantly to ensure a smooth, creamy sauce and prevent the cheese from clumping or separating.
12. **Fresh : Garlic:** Using fresh minced garlic provides a much more robust and aromatic flavor than garlic powder.
13. **Taste and : Adjust:** Always taste the sauce and the finished dish before serving, adjusting salt, pepper, or red pepper flakes to your preference.
14. **Serving Suggestions and Pairings:** This Garlic Parmesan Bowtie Pasta & Beef is a hearty and complete meal on its own. However, it pairs beautifully with simple sides that complement its richness:
15. A crisp side salad with a light vinaigrette to cut through the creaminess.
16. Warm, crusty garlic bread or breadsticks for soaking up any extra sauce.
17. Steamed green beans or roasted asparagus for a fresh vegetable accompaniment.
18. For other fantastic comforting pasta and casserole meals, you might also enjoy:
19. **My Classic :** Spaghetti Recipe with Homemade Sauce for another timeless Italian favorite.
20. **Or my :** This Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor for another easy skillet meal.
21. **Storage and Leftover Tips:** Leftover Garlic Parmesan Bowtie Pasta & Beef can be stored in an airtight container in the refrigerator for up to 3-4 days. When reheating, the sauce may thicken further. To revive it, add a splash of milk or beef broth and gently warm in the microwave or in a skillet over low heat, stirring frequently, until heated through and creamy again.
22. **More Recipes You Will Love:** If you loved the easy, comforting, and flavorful nature of this pasta dish, you'll find similar satisfaction in these other fantastic recipes:
23. For another crowd-pleasing, easy casserole, try my This Mexican Chicken and Rice Casserole is My Favorite One-Pan Dinner That's Always a Hit.
24. If you enjoy simple weeknight solutions, my : This Dorito Casserole is My Favorite Weeknight Dinner

Shortcut is a fun option.

25. And for a truly impressive yet simple pasta bake, check out [This Instant Pot Lasagna is My Favorite Way to Make Comfort Food Fast](#).

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