

## One-Pot Beef and Spinach Pasta with Garlic Parmesan Cream Sauce

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**TIME**  
**4 min**

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**ChefManiac**

### INGREDIENTS

- 1 pound ground beef
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 medium yellow onion, chopped
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 cups beef broth
- 1 (14.5 oz) can diced tomatoes, undrained
- 1 pound pasta (penne, rotini, or your favorite shape)
- 5 ounces fresh spinach, roughly chopped
- 1/2 cup heavy cream
- 1/2 cup grated Parmesan cheese, plus more for serving

### DIRECTIONS

1. **Brown the : Beef**In a large pot or Dutch oven, cook the ground beef over medium-high heat until browned. Drain any excess grease and return to the pot.
2. **Build the : Flavor Base**Add olive oil, minced garlic, and chopped onion to the pot. Sautø for 4 minutes, until the onion is translucent and the garlic is fragrant.
3. **Season the : Dish**Stir in Italian seasoning, salt, and black pepper. Let it cook for 30 seconds to bloom the spices.
4. **Add : Liquids & Pasta**Pour in the beef broth and canned diced tomatoes (with juices). Bring the mixture to a boil, then add the pasta. Stir to submerge the pasta completely.
5. **Simmer to : Perfection**Lower the heat to medium. Cover and simmer for 15 minutes, stirring occasionally, until the pasta is al dente and the liquid mostly absorbed.
6. **Stir in : Spinach**Add the chopped spinach and stir until wilted-about 2-3 minutes.
7. **Finish with : Cream & Cheese**Stir in the heavy cream and grated Parmesan. Mix until the sauce is smooth, creamy, and coats every bite.
8. **Serve & : Enjoy**Dish up hot and garnish with more Parmesan cheese. Add a pinch of crushed red pepper if you want a little kick!

### SWAPS & NOTES

Ground meat : Swap the ground beef for ground turkey or

chicken for a leaner option.

Spinach : Kale or arugula work beautifully if you don't have spinach on hand.

Use coconut cream and a plant-based Parmesan alternative.

Use GF pasta, just monitor the cook time closely.

### TIPS FOR SUCCESS

Stir every few minutes while simmering to prevent sticking and ensure even cooking.

Use a pot with a tight-fitting lid to keep the moisture in and the pasta tender.

Don't overcook the spinach -add it right at the end so it stays vibrant and fresh.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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