

Delicious One-Pot Steak Pasta: A Hearty Dinner for Busy Weeknights

Delicious One-Pot Steak Pasta: The Ultimate 30-Minute Dinner



TIME
2-3 min

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INGREDIENTS

1 lb steak (such as sirloin or flank), thinly sliced

8 oz pasta (penne or fusilli work well)

1 tbsp olive oil

1 medium onion, chopped

3 cloves garlic, minced

1 red bell pepper, chopped

1 can (14 oz) diced tomatoes with juice

2 cups beef broth

1 tsp Italian seasoning

1 tsp red pepper flakes (adjust for spice preference)

Salt and black pepper to taste

1 cup grated Parmesan cheese

2 tbsp fresh parsley, chopped (optional, for garnish)

Swaps & Notes:

Steak: Any cut of steak that cooks quickly and is easy to slice will work. Chicken breast or even sliced sausage can be used as a substitute.

Pasta: While penne and fusilli are great because they hold the sauce well, you can use any short pasta shape. Just be mindful that cooking times may vary slightly.

Veggies: Feel free to add more vegetables! Sliced mushrooms, spinach, or a handful of frozen peas would all be delicious additions.

Spice: If you want more heat, you can add another teaspoon of red pepper flakes or even a dash of your favorite hot sauce. For a milder version, simply omit them.

Cheese: Freshly grated Parmesan will melt more smoothly, but pre-grated will work in a pinch.

DIRECTIONS

1. Sear the : Steak: Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the thinly sliced steak, season with a generous pinch of salt and pepper, and sear until browned on all sides, about 2-3 minutes. The steak doesn't need to be cooked through completely at this point. Remove the steak from the pot and set it aside.
2. SautØ the Aromatics: In the same pot, if needed, add a bit more olive oil. Add the chopped onion, minced garlic, and chopped red bell pepper. SautØ for 3-4 minutes, or until the onion becomes translucent and the peppers are slightly tender.
3. Build the : Sauce: Stir in the can of diced tomatoes with their juice, the beef broth, Italian seasoning, and red pepper flakes. Bring the mixture to a simmer, scraping up any browned bits from the bottom of the pot with a wooden spoon.
4. Cook the : Pasta: Add the uncooked pasta to the pot and stir well to make sure all the noodles are submerged in the liquid. Cover the pot and let it cook for 10-12 minutes, stirring occasionally to prevent sticking. The pasta is ready when it's al dente and has absorbed most of the liquid.
5. Finish the : Dish: Return the seared steak to the pot and stir it in to heat through. Turn off the heat and stir in the grated Parmesan cheese until it has melted and created a creamy, luxurious sauce.
6. Serve: Taste and adjust seasoning with more salt and pepper if needed. Garnish with fresh chopped parsley (if using) and serve immediately.

SWAPS & NOTES

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TIPS FOR SUCCESS

Don't Overcook the Steak: By searing the steak quickly at the beginning, you ensure it stays tender and juicy when you add it back in at the end.

Stir Occasionally: Make sure to stir the pasta every few minutes while it's cooking to prevent it from clumping together or sticking to the bottom of the pot.

Liquid Adjustment: If your pasta seems too dry before it's fully cooked, you can add a splash more beef broth or water.

If it's too wet, just let it simmer uncovered for a few extra minutes to reduce the liquid.

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