

One-Pan Creamy Beef and Rotini Pasta: A Weeknight Wonder

Some recipes become instant family favorites the moment you make them. This



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30 min

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INGREDIENTS

12 ounces rotini pasta (or your favorite spiral pasta)
1 pound lean ground beef
3 large garlic cloves, finely minced
2 tablespoons all-purpose flour
2 cups whole milk (or half-and-half for extra creaminess)
1 cup freshly grated Parmesan cheese
1 teaspoon Italian seasoning
1/4 teaspoon red pepper flakes (optional, for a hint of spice)
Salt and black pepper to taste
2 tablespoons olive oil or unsalted butter
Fresh parsley, finely chopped (for garnish)

DIRECTIONS

- 1. Cook the : Pasta:** Bring a large pot of salted water to a boil. Cook the rotini pasta according to the package instructions until it is al dente. Drain the pasta and set it aside, making sure to reserve about 1/2 cup of the pasta water.
- 2. Brown the : Beef:** In a large skillet, cook the ground beef over medium-high heat for about 5-7 minutes, breaking it up with a spatula, until it is browned and cooked through. Drain any excess fat and set the cooked beef aside in a bowl.
- 3. SautØ the Garlic:** In the same skillet, add the olive oil or butter. Reduce the heat to medium. Add the minced garlic and sautØ for 1-2 minutes, until it becomes fragrant. Be careful not to let the garlic brown, or it will become bitter.
- 4. Create the : Sauce:** Sprinkle the flour over the garlic and whisk continuously for a minute or two to form a roux, which will help thicken the sauce. Slowly pour in the milk while whisking to create a smooth, creamy base. Let the sauce simmer for 3-4 minutes, or until it thickens slightly.
- 5. Add the : Cheese and Seasonings:** Stir in the grated Parmesan cheese, Italian seasoning, red pepper flakes (if using), and a good pinch of salt and black pepper. Continue stirring until the cheese has completely melted and the sauce is velvety and smooth.
- 6. Combine : Everything:** Add the cooked ground beef and the drained rotini pasta back into the skillet with the sauce. Toss everything gently to make sure the pasta and beef are coated evenly. If the sauce seems too thick, add a splash of the reserved pasta water to reach your desired consistency.

7. **Serve and Garnish:** Transfer the pasta to a large serving dish or individual plates. Garnish with freshly chopped parsley and a little extra grated Parmesan cheese for a perfect finishing touch. Serve warm and enjoy!

SWAPS & NOTES

Pasta: Rotini is my go-to for this recipe because its shape traps the sauce so well, but any spiral or short pasta like penne or fusilli would be a great substitute.

Meat: Feel free to use ground turkey or ground chicken for a leaner option.

You could also swap the beef for a pound of Italian sausage for a bit more flavor and a nice spicy kick.

Milk: While whole milk works perfectly, using half-and-half or even heavy cream will give you a thicker, richer sauce.

TIPS FOR SUCCESS

Use Freshly Grated Cheese: This is a non-negotiable for a creamy sauce.

Pre-shredded cheese has anti-caking agents that can prevent it from melting smoothly.

Don't Overcook the Pasta: Cook the pasta to al dente because it will continue to cook a bit in the sauce.

The Reserved Pasta Water: Don't throw out that pasta water!

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

Original recipe: <https://chefmaniac.com/one-pan-creamy-beef-and-rotini-pasta-a-weeknight-wonder/>