

## One-Pot Beef & Garlic Parmesan Spinach Pasta for Easy Weeknight Dinners

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**TIME**  
**4 min**

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**ChefManiac**

### INGREDIENTS

- 1 pound ground beef
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 medium yellow onion, chopped
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups beef broth
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 pound pasta, such as penne or rotini
- 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 if needed.
- 2.** Add the aromatics: Add the olive oil, minced garlic, and chopped onion to the pot. Cook for about 4 minutes, until the onion is softened and translucent.
- 3.** Season: Stir in the Italian seasoning, salt, and black pepper.
- 4.** Add the liquid: Pour in the beef broth and the undrained diced tomatoes. Bring everything to a boil.
- 5.** Cook the pasta: Add the pasta to the pot, making sure it is submerged in the liquid. Reduce the heat to medium, cover, and simmer for about 15 minutes, or until the pasta is al dente. Stir occasionally so it does not stick.
- 6.** Add the spinach: Stir in the chopped spinach and cook for about 3 minutes, or until wilted.
- 7.** Finish with cream and cheese: Stir in the heavy cream and Parmesan cheese until the sauce becomes creamy and smooth.
- 8.** Serve: Serve immediately with extra Parmesan on top.

### SWAPS & NOTES

Penne and rotini both work especially well here because they hold onto the sauce nicely, but any similar pasta shape can be used.

Ground beef gives the dish a hearty, classic flavor, though ground turkey or Italian sausage could also work if you want

to change it up.

Fresh spinach wilts quickly into the hot pasta, making it an easy way to add some greens.

If you only have baby spinach, that works beautifully too.

## TIPS FOR SUCCESS

Stir the pasta a few times while it cooks so it does not stick to the bottom of the pot and the liquid distributes evenly.

Keep an eye on the pasta during the last few minutes of cooking.

Different shapes can cook a little faster or slower, so start checking for doneness around the 12-minute mark.

Add the spinach near the end so it stays bright and does not overcook into the sauce.

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