

## Creamy Garlic Parmesan Beef Rotini Is the Easy One-Pot Pasta I Crave

### Creamy Garlic Parmesan Beef Rotini



**TIME**  
**5 to 7 min**

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**ChefManiac**

#### INGREDIENTS

- 1 pound ground beef
- 12 ounces rotini pasta
- 4 cups beef broth
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 4 cloves garlic, minced
- 2 tablespoons olive oil or butter
- 1 teaspoon Italian seasoning
- Salt and black pepper, to taste
- Chopped parsley, optional for garnish

#### DIRECTIONS

1. Heat the olive oil or butter in a large pot over medium heat.
2. Add the ground beef and season with salt, black pepper, and Italian seasoning. Cook for 5 to 7 minutes, breaking it up as it browns. Drain excess fat if needed.
3. Stir in the minced garlic and cook for 1 to 2 minutes, just until fragrant.
4. Pour in the beef broth and heavy cream, then stir in the uncooked rotini.
5. Bring the mixture to a gentle boil, then lower the heat to a simmer.
6. Cook for 10 to 12 minutes, stirring occasionally, until the pasta is tender and most of the liquid has been absorbed into a creamy sauce.
7. Stir in the grated : Parmesan cheese until fully melted and the sauce is smooth.
8. Taste and adjust seasoning if needed.
9. Spoon into bowls, garnish with chopped parsley if desired, and serve hot.

#### SWAPS & NOTES

Ground beef gives this pasta a rich, hearty flavor, but ground turkey or Italian sausage can also work if you want to change things up.

If using sausage, you may want to reduce the added salt until you taste the finished dish.

Heavy cream creates the richest sauce, but half-and-half can work if you want to lighten it slightly.

Just know the final sauce may be a little less thick and luxurious.

## TIPS FOR SUCCESS

Stir the pasta occasionally as it cooks so it does not stick to the bottom of the pot.

This also helps the starch release evenly into the liquid, which gives the sauce a naturally creamier texture.

Do not boil the mixture too aggressively once the cream has been added.

A gentle simmer is enough to cook the pasta while keeping the sauce smooth and rich.

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

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