

ONE POT BEEF & PASTA

Prep time: 5 mins | Cook Time: 25-30 mins | Servings: 6

INGREDIENTS:

- 1 lb Steak or Lean Ground Beef
- Chopped Vegetables*
 - 1 cup Broccoli, chopped
 - 1 Red Pepper, chopped
 - 1 cup Mushrooms, chopped
 - ½ Red Onion, minced or chopped
 - ½ White Onion, minced or chopped
 - 1 cup Brussel Sprouts, chopped
- 8 oz Pasta (short - penne, rotini, macaroni or shells)
- 3 cups Beef Broth
- 3 cloves Garlic, minced
- Salt & Pepper to taste
- Red Pepper Flakes to taste
- ½ cup fresh Dill or Parsley
- ½ cup Parmesan Cheese, grated (*more to garnish*)
- Rind from fresh Parmesan (*optional*)

**use whatever vegetables you like. We used whatever we had in the fridge*



DIRECTIONS:

- Preheat a large dutch oven or heavy bottom pot. Add the olive oil. When hot, add the onions and mushrooms, sauté for 3 to 4 minutes.
- Add the beef (steak or ground beef). If using steak, cook until just browned and still pink. If using ground beef, cook until no longer pink.
- Add the dry pasta, salt and pepper; then add the beef broth. Bring the broth to a boil and level out the pasta with a spatula until the pasta is mostly submerged in the broth. If you are using the parmesan rind, add it now.
- Cover and cook on low heat for 10-12 minutes. Once the pasta is al dente, remove the lid and add the remainder of the vegetables, garlic and red pepper flakes. Stir and cover the pasta. Turn off the heat and let the pasta and vegetables steam for 5-8 minutes.
- Once the vegetables are crisp-tender, remove the parmesan rind (if using), add the fresh dill and parmesan cheese. Stir and serve immediately.

Too much/too little liquid? If there's extra liquid at the end, simmer uncovered 1-2 minutes. If it's too thick, add a splash of broth or water to loosen.

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