

Salt and Pepper:

These seasonings are vital for enhancing the flavors of Pasta. A dash of pepper adds a mild kick to every bite.

Fresh Parsley:

Fresh parsley elevates the dish with its bright, herbal flavor and boosts its nutritional value, providing vitamins A, C, and K.

What Makes This Recipe Special

Quick to Prepare: This dish comes together in no time, making it perfect for those hectic days when you still want to serve a flavorful meal.

Perfect Harmony: The smooth, creamy Alfredo sauce complements the seasoned ground beef, creating a balanced and irresistible flavor in every bite.

Great for Everyone: Whether you're cooking for picky eaters or food enthusiasts, this pasta dish is guaranteed to be a hit with the whole family.

Ingredients

- 1 lb ground beef

- 12 oz pasta

- 2 cups heavy cream

- 1 cup grated Parmesan cheese

- 2 tbsp butter

- 4 cloves garlic minced

- 1 tsp Italian seasoning

- 2 cups chicken broth

- Salt and pepper to taste

- Fresh parsley for garnish

Directions

Step 1

Cook the Ground Beef: In a large skillet or deep pan, cook the ground beef over medium heat until browned. Season with salt and pepper while it cooks. Once fully cooked, drain any excess fat and set the beef aside.

Step 2

Prepare the Alfredo Sauce: In the same pan, melt butter and saute minced garlic until fragrant. Add the heavy cream and chicken broth, stirring to combine. Sprinkle in Italian seasoning for that signature Alfredo taste.

Step 3

Cook the Pasta: Add your pasta directly into the sauce. Make sure it's fully submerged in the creamy mixture. Cover and simmer, stirring occasionally, until the pasta is tender and the sauce thickens.

Step 4

Combine and Serve: Once the pasta is ready, return the cooked ground beef to the pan. Mix it well with the pasta and Alfredo sauce. Stir in grated Parmesan cheese until it melts and coats the pasta evenly.

Step 5

Garnish and Enjoy: Top your Beef Alfredo with fresh parsley for a pop of color and added freshness. Serve immediately and watch it disappear from plates!

Serving Ideas

I pair this pasta with a refreshing arugula salad, cherry tomatoes, and balsamic vinaigrette for a nice balance with the creamy dish.

Recipe Tip 