

DENE

Creamy Beef and Shells



Ingredients:

- 8 ounces medium pasta shells
- 1 tablespoon olive oil
- 1 pound ground beef
- ½ medium sweet onion, diced
- 2 cloves garlic, minced
- 1 ½ teaspoons Italian seasoning
- 2 tablespoons all-purpose flour
- 2 cups beef stock
- 1 (15-ounce) can tomato sauce
- ¾ cup heavy cream
- Kosher salt and freshly ground black pepper, to taste
- 6 ounces shredded extra-sharp cheddar cheese, about 1 ½ cups

Method:

1. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
2. Heat olive oil in a large cast iron skillet over medium high heat. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat. Set aside.
3. Add onion to the skillet, and cook, stirring frequently, until translucent, about 2-3 minutes. Stir in garlic and Italian seasoning until fragrant, about 1 minute.
4. Whisk in flour until lightly browned, about 1 minute.
5. Gradually whisk in beef stock and tomato sauce. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 6-8 minutes.
6. Stir in pasta, beef, and heavy cream until heated through, about 1-2 minutes; season with salt and pepper, to taste. Stir in cheese until melted, about 2 minutes.
7. Serve immediately.