

Plate Dream

Creamy Rotel Pasta With Ground Beef

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 12 oz penne pasta
- [ ] 1 (10 oz) can Rotel diced tomatoes & green chilies
- [ ] 1 cup heavy cream
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] ¼ cup fresh parsley, chopped
- [ ] Salt and black pepper to taste

Optional Enhancements

- [ ] ½ tsp smoked paprika
- [ ] ¼ cup grated Parmesan cheese

Instructions

1. Bring a large pot of salted water to a boil, add the penne, and cook al dente; drain, reserving 1 cup of pasta water.
2. While pasta cooks, heat olive oil in a skillet over medium-high heat. Add the diced onion and sauté until translucent, then stir in the garlic.
3. Add the ground beef, breaking it up with a spoon, and brown fully. Sprinkle with smoked paprika if using, then season with salt and pepper.
4. Stir in the Rotel tomatoes and let simmer for 2-3 minutes to meld flavors.
5. Reduce heat to low, pour in the heavy cream, and gently stir. Add the shredded cheddar and let melt, creating a silky sauce.
6. Combine the cooked pasta with the sauce, tossing gently. If the sauce is thick, add reserved pasta water a little at a time until desired consistency.
7. Finish with fresh parsley and a sprinkle of Parmesan if desired. Serve hot.

Nutrition per serving

580 kcal	28 g	45 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a pinch of red pepper flakes toward the end.
- Taste the sauce before adding cheese to adjust seasoning.
- For a richer flavor, use half-and-half instead of cream.