

# Cheesy Beef and Pasta Skillet

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Serves 4 – Each serving is about 1 1/2 cups

Blue – 8

Purple – 6 points (if you use whole wheat pasta)

Green – 8

- 8 oz uncooked pasta – if you are on purple, use whole wheat, green or blue use a low point pasta like Ronzoni 150 (that is what I used for the points on this for blue or green)
  - 1 Tbsp olive oil
  - 1 lb 96% lean ground beef
  - 1/2 tsp pepper
  - 3 cloves garlic, minced
  - 1 tsp crushed red chili flakes (optional)
  - 1 Tbsp Worcestershire sauce
  - 2 Tbsp tomato paste
  - 1 onion, chopped
  - 1/2 cup fresh parsley, chopped plus more for garnish (or 1 Tbsp of dried parsley)
  - salt to taste
  - 8 oz Cabot 75 cheese, grated (if using full fat cheese, you can reduce to 4 oz to save some points)
1. Cook pasta according to package directions. Reserve 1/2 cup pasta water. Drain pasta without rinsing
  2. Meanwhile in a large skillet over high heat add 1 Tbsp olive oil and brown beef and onion, breaking up with a wooden spoon, about 2 minutes. Reduce to medium heat.

Season with 1 tsp salt and 1/2 tsp black pepper. Stir in garlic, chili flakes, Worcestershire sauce, tomato paste, parsley and 1/2 cup pasta water. Simmer until meat is tender, about 8 to 10 minutes.

3. Toss in pasta and 1 cup of cheese. Top with remaining cheese and cover with lid. Garnish with additional parsley.