

Creamy Beef and Pasta

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Serves 6

Blue – 7

Purple – 5 (If you use whole wheat pasta)

Green – 7

- 8 oz pasta (I use Ronzoni 150, it is 4 points per 2 oz) (if you use a different pasta, recalculate the points, if you are on purple, use whole wheat)
- 1 Tbsp olive oil
- 1 pound 96% lean ground beef
- 1/2 medium onion, diced
- 2 cloves garlic, minced
- 1 1/2 tsp Italian seasoning
- 1 tsp paprika
- 1/2 tsp mustard powder
- 2 Tbsp all purpose flour
- 2 cups beef stock
- 15 oz tomato sauce
- 3/4 cup fat free half and half
- salt and pepper to taste
- 6 oz Cabot 75% reduced fat cheese (if you are using a different cheese, recalculate the points)

1. In a large pot of boiling salted water, cook pasta according to package directions. Drain well

2. Spray a large skillet with non stick spray and heat over medium-high heat. Add ground beef and cook until beef is brown crumbling the ground beef as it cooks. Drain any fat and remove beef to dish and set aside.
3. In the same skillet, add in olive oil and let heat – add in onion and cook, stirring frequently until translucent, about 3 minutes.
4. Stir in garlic, Italian seasoning, paprika, and mustard powder, cook about 1 minute
5. Whisk in flour and stir and cook until lightly browned, about 1 minute.
6. 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.
7. Stir in pasta, beef and half and half and heat through. Season with salt and pepper to taste.