

Foodnity Recipes

Garlic Beef Pasta – Slow Cooker Delight

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs beef chuck, cut into 1-inch cubes
- [ ] 12 oz penne pasta
- [ ] 6 cloves garlic, minced
- [ ] 1½ cups beef broth (low-sodium)
- [ ] 1 (6 oz) can tomato paste
- [ ] 1 tsp dried oregano
- [ ] ½ tsp crushed red pepper flakes
- [ ] 2 tbsp olive oil
- [ ] Salt and black pepper to taste
- [ ] ¼ cup freshly grated Parmesan cheese
- [ ] 2 tbsp chopped fresh parsley

Instructions

1. Season the beef cubes with salt and pepper. In a skillet, heat olive oil over medium-high heat and sear the beef in batches until browned on all sides, about 3-4 minutes per batch. Transfer browned beef to the slow cooker.
2. Add minced garlic, tomato paste, oregano, and red pepper flakes to the skillet; sauté for 1 minute until fragrant, then pour the mixture over the beef in the slow cooker.
3. Stir in the beef broth, cover, and set the slow cooker to LOW for 5½ hours, or HIGH for 3 hours, until the beef is fork-tender.
4. About 30 minutes before serving, stir in the uncooked penne pasta, re-cover, and continue cooking until the pasta is al dente. Finish with Parmesan and fresh parsley, then serve hot.

Nutrition per serving

560 kcal	38 g	45 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thin near the end, remove the lid and let it simmer for an extra 10 minutes.
- Taste and adjust seasoning right before adding the parsley.
- For a richer flavor, add a splash of Worcestershire sauce during the last hour.