

# Creamy High Protein Beef Pasta

Creamy High Protein Beef Pasta is a hearty and satisfying dish that combines lean beef, pasta, and a protein-rich sauce made with Greek yogurt and Parmesan cheese. Unlike heavier cream-based pastas, this version balances indulgence with nutrition, making it perfect for athletes, busy professionals, and families who want comfort food with extra benefits.

This article dives deep into the origins, nutritional advantages, preparation steps, storage tips, and flavorful variations of this wholesome pasta.

## Why Choose Creamy High Protein Beef Pasta?

### Balanced nutrition in every serving

This dish strikes the perfect balance of lean protein, complex carbs, and healthy fats. Ground beef fuels muscles, pasta provides energy, and Greek yogurt boosts protein while keeping the sauce creamy. For another balanced dinner, check out Chicken Broccoli Alfredo Bake.

### A smarter take on creamy pasta

Most creamy pasta dishes rely on heavy cream. By swapping in Greek yogurt, you reduce calories and increase protein. The result is a velvety sauce that feels indulgent without sacrificing health goals.

Creamy High Protein Beef Pasta – Quick Comfort Food Recipe

## Creamy High Protein Beef Pasta

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### Description

Creamy High Protein Beef Pasta combines lean beef, penne pasta, and a Greek yogurt-Parmesan sauce for a hearty, protein-packed dinner.

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### Ingredients

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- ☐ 8 oz penne pasta
  - ☐ 1 lb lean ground beef
  - ☐ 1 medium onion, chopped
  - ☐ 2 cloves garlic, minced
  - ☐ 1 can (15 oz) diced tomatoes with juices
  - ☐ 1 cup low-sodium beef broth
  - ☐ ½ cup plain Greek yogurt
  - ☐ ¼ cup grated Parmesan cheese
  - ☐ 1 tbsp Italian seasoning
  - ☐ Salt and pepper to taste
  - ☐ Olive oil for cooking
  - ☐ Fresh basil or parsley for garnish
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## Instructions

1. Cook penne pasta in salted water until al dente. Drain and set aside.
2. Heat olive oil in a skillet over medium heat. Sauté onion and garlic until fragrant.
3. Add lean ground beef and cook until browned.
4. Stir in diced tomatoes, beef broth, Greek yogurt, Parmesan, Italian seasoning, salt, and pepper.
5. Simmer for a few minutes to meld flavors.
6. Add cooked pasta to the skillet and toss until coated.
7. Serve hot, garnished with basil or parsley.

## Notes

Add spinach or bell peppers for more nutrition.

Use whole wheat pasta for extra fiber.

Store leftovers up to 4 days in the fridge.

Reheat gently with a splash of broth.

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## Key Ingredients and Why They Work

### The pasta

Penne is ideal because its shape holds creamy sauces well. Whole wheat or chickpea pasta can be used for added fiber and protein.

### The protein

Lean ground beef is flavorful yet low in fat when you choose 90/10 or 93/7 blends. It adds bulk and substance, transforming this pasta into a complete meal.

### Flavor builders

Onion and garlic provide aromatic depth. Diced tomatoes with their juices bring freshness and acidity, balancing the richness of beef.

### The creamy base

Greek yogurt is the star, giving creaminess and an extra protein boost. Parmesan cheese melts into the sauce, enhancing flavor and texture. Italian seasoning ties everything together with a blend of herbs.

## Step-by-Step Guide to Making Creamy High Protein Beef Pasta

### Step 1: Cook the pasta

Bring a pot of salted water to a boil. Add penne pasta and cook until al dente. Drain and set aside, reserving a splash of pasta water.

### Step 2: Sauté aromatics

Heat olive oil in a large skillet over medium heat. Add chopped onion and garlic. Sauté until soft and fragrant.

### **Step 3: Brown the beef**

Add lean ground beef, breaking it up with a wooden spoon. Cook until no longer pink, developing rich flavor.

### **Step 4: Build the sauce**

Stir in diced tomatoes, beef broth, Greek yogurt, Parmesan cheese, and Italian seasoning. Mix well until creamy. Simmer for a few minutes to meld flavors.

### **Step 5: Combine pasta and sauce**

Toss cooked pasta with the beef mixture until fully coated. Add reserved pasta water if needed for consistency.

### **Step 6: Garnish and serve**

Sprinkle with fresh basil or parsley for a pop of freshness. Serve hot.

## **Tips for Success**

- **Use freshly grated Parmesan** for smooth melting.
- **Add Greek yogurt at lower heat** to avoid curdling.
- **Do not overcook pasta**; al dente holds sauce best.
- **Meal prep**: Store in portions for grab-and-go lunches.

## **Variations to Try**

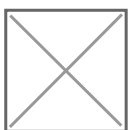
### **Add vegetables**

Spinach, mushrooms, bell peppers, or zucchini can be added to boost nutrition.

### **Change the protein**

Swap beef for ground turkey, chicken, or bison. Each option lightens or intensifies flavor while maintaining protein levels.

### **Pasta swaps**



Whole wheat, lentil, or chickpea pasta increases protein and fiber. For another protein-rich pasta, check out Shrimp Alfredo Pasta.

## Serving Suggestions

- **Garlic bread** balances the creaminess with crunch.
- **Fresh green salad** lightens the meal.
- **Wine pairing:** Medium-bodied reds like Merlot or Zinfandel.
- **Non-alcoholic option:** Sparkling water with lemon.

## Storage and Reheating

### Storing

Refrigerate leftovers in airtight containers for 3–4 days.

### Reheating

Warm on the stovetop with a splash of broth to keep the sauce creamy. Microwave gently if short on time.

## FAQs

### Is this recipe freezer-friendly?

Yes, freeze portions in airtight containers for up to 2 months. Thaw overnight before reheating.

### How do I prevent yogurt from curdling?

Lower heat before stirring it in, and avoid boiling afterward.

### What's the protein content per serving?

Using lean beef, Greek yogurt, and Parmesan, this pasta can provide 30–35 grams of protein per serving.

### Can I make it gluten-free?

Yes, use gluten-free pasta such as rice or chickpea pasta.

### How do I make it spicier?

Add crushed red pepper flakes or diced chili peppers when sautéing onions and garlic.

## Conclusion

Creamy High Protein Beef Pasta is the perfect balance of indulgence and nutrition. Lean beef, penne pasta, and a creamy Greek yogurt-Parmesan sauce create a dish that's filling, flavorful, and family-friendly.

Whether you're meal-prepping, feeding athletes, or craving comfort food, this pasta delivers satisfaction and sustenance. With endless variations and easy customization, it's a recipe worth adding to your regular rotation.