

One-Pot Creamy Parmesan Garlic Beef Bowtie Pasta

When comfort food calls, nothing answers better than One-Pot Creamy Parmesan Garlic Beef Bowtie Pasta. This dish delivers the ultimate blend of flavors in a single pan, making it both satisfying and easy to clean up. With tender bowtie pasta, rich Parmesan cream sauce, and savory ground beef, you get a meal that feels indulgent yet approachable. It's the perfect recipe for busy weeknights when you want something quick, hearty, and delicious without juggling multiple pots and pans.

Why One-Pot Pasta Recipes Are Loved

One-pot pasta dishes have grown in popularity because they simplify cooking while maximizing flavor. Instead of cooking pasta and sauce separately, everything comes together in one skillet or pot. This method saves time, reduces cleanup, and allows the pasta to soak up the sauce more thoroughly.

In creamy beef pasta recipes, the one-pot technique works especially well. The starch from the pasta helps thicken the sauce naturally, while the browned beef adds depth. By the time you're ready to serve, every bowtie is perfectly coated with garlicky, cheesy goodness.

Parmesan Garlic Beef Bowtie Pasta

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- Author: [Aaron recipes](#)
- Total Time: [35 minutes](#)
- Yield: [4 servings](#) 1x

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Description

A rich, creamy one-pot pasta dish made with Parmesan, garlic, and savory ground beef. Perfect for busy weeknights and full of comforting flavor.

Ingredients

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- ☐ 1 cup heavy cream (or half & half for lighter option)
 - ☐ $\frac{3}{4}$ cup grated Parmesan cheese
 - ☐ 1 cup shredded mozzarella cheese (optional, extra creamy)
 - ☐ Salt and freshly ground black pepper, to taste
 - ☐ Fresh parsley or basil, chopped (for garnish)
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Bring a large pot of salted water to a boil. Cook bowtie pasta until al dente. Drain, reserving $\frac{1}{2}$ cup pasta water.
2. Heat olive oil in a skillet over medium-high heat. Add ground beef and cook until browned, 6–7 minutes. Drain excess fat and season lightly.
3. In the same skillet, sauté onion for 3 minutes. Add garlic and cook 1 minute. Stir in Italian seasoning and red pepper flakes.
4. Pour in beef broth, scraping browned bits. Simmer 2 minutes.
5. Lower heat. Stir in heavy cream. Slowly add Parmesan until melted and smooth. Mix in mozzarella if using. Simmer 3–4 minutes.
6. Return beef and pasta to skillet. Toss to coat. Add pasta water if sauce is too thick.
7. Taste and adjust with salt and pepper. Garnish with parsley or basil. Serve hot with extra Parmesan.

Notes

Use half & half for a lighter version. Add spinach, mushrooms, or sun-dried tomatoes for variety.

- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Category: Dinner
- Method: One-Pot
- Cuisine: Italian-American

Nutrition

- **Serving Size:** 1 bowl
- **Calories:** 520
- **Sugar:** 4
- **Sodium:** 580
- **Fat:** 28
- **Saturated Fat:** 15
- **Unsaturated Fat:** 10
- **Trans Fat:** 0.5
- **Carbohydrates:** 45
- **Fiber:** 3
- **Protein:** 25
- **Cholesterol:** 90

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The Role of Bowtie Pasta

Bowtie pasta, also called farfalle, isn't just a pretty shape. Its wide wings and ridged center make it ideal for holding onto thick sauces. Creamy Parmesan garlic sauce clings to each piece, ensuring no bite is bland. Unlike long pasta such as spaghetti, farfalle holds up better when tossed with meat and chunky sauces, making it a practical choice for this recipe.

The origins of bowtie pasta trace back to 16th-century Lombardy in Northern Italy. Today, it's a playful and versatile shape used in creamy pastas, cold salads, and even soups. In this recipe, its sturdiness keeps the dish cohesive, with each forkful offering balanced flavor.

Essential Ingredients for Flavor

The beauty of this pasta lies in its simplicity. Each ingredient has a distinct role:

- **Heavy cream** delivers richness and smooth texture. For a lighter version, half and half can replace it.
- **Parmesan cheese** adds sharp, nutty depth and helps thicken the sauce naturally.
- **Mozzarella cheese** is optional but provides extra creaminess and melt.
- **Ground beef** supplies hearty protein, turning the pasta into a complete meal.
- **Garlic and onion** build an aromatic base that complements the cream.
- **Italian seasoning and red pepper flakes** provide subtle spice and herb balance.
- **Fresh parsley or basil** give a fresh, bright finish that cuts through richness.

Every element comes together for a dish that feels layered, not heavy, despite being rich and creamy.

Cooking the Pasta and Beef

Start by boiling bowtie pasta in salted water until al dente. Always salt your pasta water generously; it's the first step to ensuring flavorful pasta. Reserve half a cup of pasta water before draining. This starchy liquid becomes valuable later for adjusting sauce consistency.

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For the beef, heat olive oil in a large skillet over medium-high heat. Add the ground beef and cook until browned, breaking it apart with a spatula. Allow some pieces to caramelize slightly; those browned bits deepen flavor. Drain excess fat if needed, then season with a pinch of salt and pepper. Removing the beef temporarily allows you to build the sauce in the same pan without overcrowding.

Building the Creamy Parmesan Garlic Sauce

With beef set aside, sauté chopped onion in the same skillet until softened. Add minced garlic and cook just until fragrant. This step infuses the oil with flavor, forming the base of the sauce. Stir in Italian seasoning and a pinch of red pepper flakes for balance.

Deglaze the skillet with beef broth, scraping up browned bits from the bottom. This adds depth and ensures no flavor is wasted. Once simmering, lower the heat and stir in heavy cream. Gradually whisk in Parmesan cheese until melted into a smooth sauce. Mozzarella can also be stirred in for extra creaminess. Simmer gently until the sauce thickens, coating the back of a spoon.

If the sauce becomes too thick, a splash of reserved pasta water loosens it while keeping the flavor concentrated.

Combining Pasta and Beef

Return the cooked beef to the skillet, then toss in the bowtie pasta. Stir until everything is coated in the creamy Parmesan garlic sauce. The pasta absorbs flavors from the sauce, while the beef distributes evenly throughout the dish. This one-pot approach guarantees harmony in every serving.

Taste and adjust seasoning with more salt, pepper, or Parmesan as needed. Garnish with freshly chopped parsley or basil for color and freshness. Serve hot, straight from the skillet, for a rustic family-style presentation.

Serving Suggestions

This pasta is hearty enough to stand alone, but it shines even brighter with the right pairings. A fresh side salad with lemon vinaigrette balances the richness. Garlic bread or warm rolls help scoop up every bit of sauce. For vegetables, roasted asparagus or sautéed spinach work beautifully alongside the dish.

If you enjoy wine, a crisp white like Pinot Grigio or a light Chardonnay complements the creamy sauce. For non-alcoholic options, sparkling water with citrus slices or iced tea makes refreshing pairings.

Nutrition and Health Insights

This dish offers protein, carbohydrates, and fats in a balanced way. A typical serving contains around 25 grams of protein, thanks to beef and Parmesan. Heavy cream provides richness but also increases fat content.

For a lighter take, use lean beef and half and half instead of heavy cream. Reduce mozzarella or skip it entirely to cut calories. Adding vegetables like mushrooms or spinach increases fiber and nutrition without sacrificing flavor. Whole wheat bowtie pasta is another easy upgrade for extra health benefits.

Variations for Every Taste

One of the best parts of this recipe is its adaptability. Try swapping beef for ground turkey or chicken for a leaner version. Italian sausage brings a spicier, more robust flavor. Adding mushrooms or sun-dried tomatoes introduces earthy or tangy notes. Baby spinach folded into the sauce before serving boosts freshness and nutrients.

For those who love extra heat, increase the red pepper flakes or add a splash of hot sauce. You can also top the dish with crispy bacon bits for a smoky crunch.

Storing and Reheating

Store leftovers in an airtight container in the refrigerator for up to 3 days. When reheating, use the stove over low heat and add a splash of milk or cream to restore the sauce's smoothness. Microwaving on high can cause the sauce to separate, so reheat gently.

Freezing is not recommended because cream-based sauces often curdle after thawing. It's best enjoyed fresh or refrigerated short term.

FAQ

Can I make this ahead of time?

Yes, you can cook the beef and pasta separately, then finish the sauce when ready to serve. Combine all elements just before eating for best results.

Can I use a different pasta shape?

Yes, penne, rotini, or shells work well. Choose shapes that hold creamy sauces effectively.

How do I keep the sauce from breaking?

Use medium heat when adding cream and stir continuously while adding Parmesan gradually.

Is mozzarella necessary?

No, it's optional. Parmesan alone creates a delicious creamy sauce, while mozzarella simply adds extra richness.

Conclusion

One-Pot Creamy Parmesan Garlic Beef Bowtie Pasta is proof that comfort food doesn't have to be complicated. By using simple, fresh ingredients and a single skillet, you create a meal that's creamy, hearty, and crowd-pleasing. Whether for family dinners or casual entertaining, it's a dish that feels indulgent without overwhelming effort.

For another creative option, explore this [creamy high protein beef pasta](#) that offers a slightly different take while keeping the flavors satisfying.

This recipe is versatile, customizable, and easy enough to become a weeknight staple. Once you try it, you'll understand why creamy garlic Parmesan pasta with beef is a favorite that never goes out of style.

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