

Zucchini Bread Recipes

Creamy Rotel Pasta With Ground Beef – Spicy Comfort Food

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 12 oz penne pasta
- [ ] 1 (10 oz) can Rotel diced tomatoes with green chilies
- [ ] 4 oz cream cheese, softened
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] Salt and black pepper to taste

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Red pepper flakes

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook until just shy of al dente, about 8-9 minutes. Drain, reserving ½ cup of cooking water.



2. While the pasta cooks, heat olive oil in a deep skillet over medium-high heat. Add the diced onion and sauté until translucent, about 3 minutes, then stir in the minced garlic and cook another minute.



3. Add the ground beef to the skillet, breaking it up with a spoon. Brown the meat until it’s nicely caramelized, about 5-6 minutes; season with salt and pepper.



4. Stir in the Rotel tomatoes and let the mixture simmer for 2 minutes, allowing the flavors to meld.



5 Reduce the heat to low and fold in the softened cream cheese, stirring until completely melted. Then add the shredded cheddar, stirring until the sauce is smooth.



6 Combine the cooked pasta with the sauce, tossing to coat. If the sauce looks thick, add a splash of the reserved pasta water until you reach a creamy consistency.



7 Taste and adjust seasoning; add a pinch of red pepper flakes for extra heat if desired. Serve hot, garnished with fresh parsley.



Nutrition per serving

560 kcal	30 g	45 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer sauce, stir in a tablespoon of butter at the end.
- Use low-sodium Rotel to control the salt level.
- For extra depth, add a splash of smoked paprika when browning the beef.