

Italian Beef and Beans over Pasta

A flavorful Italian sauce of beans, meat, and vegetables, served over freshly cooked tube pasta

Yield:

10-12 servings

Ingredients:

- 1 pound ground beef
- 2 large carrots, peeled and shredded (or finely chopped in food processor)
- 2 large celery ribs, washed and finely chopped
- 1 large onion, chopped
- 4 cloves garlic, minced
- 4 cups diced tomatoes (or two 14.5-ounce cans)
- 2 cups beef broth or water
- 2 teaspoons brown sugar
- 2 cans (15.5 ounces each) of beans, such as kidney beans, black beans, or cannellini beans (I use two different kinds)
- 1 1/2 teaspoons dried Italian seasoning
- 1/2 to 1 teaspoon red pepper flakes, depending on taste
- 1 1/2 teaspoons salt, or to taste

For serving:

- 2 pounds rigatoni, elbow macaroni, or other tube pasta, cooked according to package instructions
- Grated Parmesan cheese, optional

Instructions:

1. In large stock pot, brown meat. Drain grease from pan. Add remaining ingredients except salt, pasta, and Parmesan cheese. Bring to a boil.

2. Cover pan and simmer for at least 45 minutes, until vegetables are very tender and sauce is thickened slightly, like chili would be. (Add additional water if sauce gets too thick before you are ready to eat.)

3. Add salt to taste. Serve sauce over hot pasta, and top with Parmesan cheese if desired.



This recipe is from Tammy's Recipes.