

Béchamel Steak Pasta bake

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Nothing is better than this Béchamel steak baked pasta casserole, smothered in creamy bechamel sauce.

Really though, this is the perfect pasta bake recipe for this time of year.

Growing up in the hills of Tuscany any baked pasta was my favorite.

My Mom's pasta bakes were simple and delicious. This dish brings back memories, from when I was a kid hanging around the kitchen counter, tasting whatever Mom was cooking.

No offense Mom, but I've gourmet it up a bit. I love my creamy, cheese filled, béchamel smothered casserole,

Sometimes you have to put a new twist on an old classic to fit your lifestyle and taste. I kicked it up a notch by using Béchamel sauce instead of Mom's classic marinara .

Things to know about Bechamel sauce for this steak rigatoni pasta bake

The Bechamel sauce in this steak rigatoni pasta bake is not difficult to make, but you do need to pay attention. For success don't leave the stove unattended, the sauce burns quickly. Stir continuously while sauce is simmering.

If the sauce is too thick add more milk, if too thin coat 1 pad of butter with flour and drop it in sauce while simmering.

I used rigatoni and rib eye steak, like most of my recipes you

can customize them to your lifestyle and taste.

This recipe works well with chicken, or if your going the vegetarian route leave out the meat and double up on the mushrooms and spinach.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal prefect for holiday entertaining, or if you need a hurry-up dinner for unexpected guest.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to. This 13 x 9 covered white casserole dish goes from oven to table, to limit the pots and pans in the sink.

The extra bonus with casserole meals, your quest can serve themselves. Set out these festive dinner napkins to set a holiday mood.

Serve this Bechamel steak pasta bake with a simple salad and crusty bread for a complete Holiday meal everyone will love!!!

If you make this Becamel rigatoni bake, be sure to leave me a comment. I love hearing from you It's my favorite part!!!!

Ingredients

- 1 lbs. rigatoni
- 1/2 lbs. chopped rib eye steak
- 1/2 lbs. sliced mushrooms
- 3 cups chopped spinach
- 1/2 cup chopped sun dried tomatoes
- 1/2 stick of butter
- 2 tablespoons olive oil
- 1/2 chopped onion
- 1 tablespoon chopped garlic
- 1/4 cup flour
- 2 cups milk

- 1 cup chicken stock
- 1 cup reserved pasta water
- 1 cups grated parmesan
- 1 cups shredded mozzarella
- 2 tablespoons chopped Italian parsley
- 1 teaspoon nutmeg
- Salt and pepper to taste

Instructions

1. Cook rigatoni el dente saving 1 cup of the water
2. Heat the olive oil in a deep saute pan to medium heat
3. Add onion and garlic saute until tender and just beginning to brown
4. Add the mushrooms and steak saute until brown
5. Add spinach and sun dried tomatoes salt and pepper to taste
6. Remove meat mixture from pan wipe clean
7. Melt butter in the same pan
8. Stir in flour whisking continuously
9. Slowly whisk in milk, chicken stock, reserved pasta water, salt, pepper and nutmeg
10. Simmer on low heat 10 minutes stir to prevent browning
11. Return meat mixture to Bechamel
12. Add rigatoni and parmesan cheese pour into a 9 x 13 covered casserole dish
13. Top with the mozzarella cheese
14. Bake in a 375 degree oven until golden and bubbly about 30 minutes.....ENJOY