

# Cabbage Beef Rigatoni

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This Cabbage Beef Rigatoni is a simple recipe that comes together in about thirty minutes and it's versatile too. It can work with different combinations of ingredients

For instance if you don't like beef you can use chicken and if you hate cabbage you can use spinach . You can also use chicken or vegetable broth for a another depth of flavor, customize the ingredients to fit your life style and taste.

My favorite has always been the combination of cabbage and beef. Ground beef in a simply garlicky, tomato olive oil sauce, then tossed with rigatoni makes this a recipe everyone will love.

Think of stuffed cabbage rolls, those are the flavors you'll find in this pasta meal. And actually that's how this recipe came about.

When I make stuffed cabbage there are those just to small to stuff leaves, so because my family loves pasta, this recipe was created. It's a easy, delicious recipe prefect for busy weeknight family meals and fancy enough for Saturday night dinner with friends.

## Three Tips When making Cabbage Beef Rigatoni

First, when sauteing the beef for this Italian Cabbage Beef the pan and oil need to be smoking hot, you need to hear the sizzle.

Two, save some of the pasta water it is a flavor and thickening agent, because of its starch content. This is an important step that can be easily missed. I like to save more than I need, just in case

Three it's important to have the right saute pan, you don't need a lot of pans, but you do need the right sized ones. To have a well functioning kitchen

you need the right equipment just like in a commercial kitchen it's the most important part. Here's a link to a complete set of pans, or if you want to start with one and build from there here's a good all around saute pan.

Just one more thing, everyone has different taste buds, that is why I don't give you measurements for salt and pepper. I personally don't like a lot of salt and I am of the mind set that you can always add more but it's difficult to correct over salting. It can be done in soups and other foods that have a liquid base.

If you make this please leave me a comment and don't forget to tag me on Instagram I love seeing your creations and hearing your experience , It's my favor

## Ingredients

- 1/2 lb rigatoni
- 1/2 lb ground beef
- 1/2 head chopped cabbage
- 1 chopped onion
- 3 Tablespoons chopped garlic
- 1 15 oz. can tomato sauce
- 1 15 oz. can chopped tomatoes
- 1 cup reserved pasta water
- 2 Tablespoons each Italian parsley, basil and thyme

- 1/2 cup parmesan
- Salt and pepper to taste

## Instructions

1. Cook Pasta according to package directions reserving 1 cup of the water before draining
2. In a large saute pan with 2 tablespoons each of butter and olive oil on medium high heat saute the onion and garlic until tender and just beginning to brown
3. Add ground beef and ground beef saute until beef is golden brown Now is the time to salt and pepper the meat and cabbage
4. Add the tomatoes, and reserved pasta water
5. Simmer covered 20 minutes
6. Toss the rigatoni with the cabbage beef sauce
7. Sprinkle with the grated Parmesan