Italian Broccoli Beef pasta

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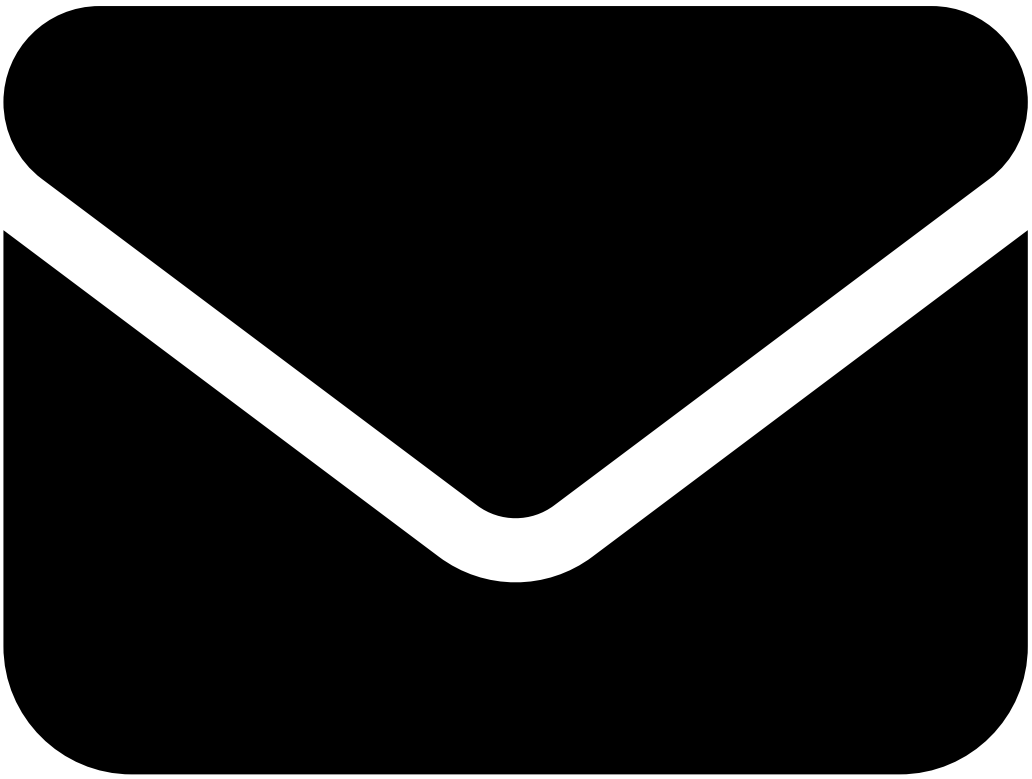




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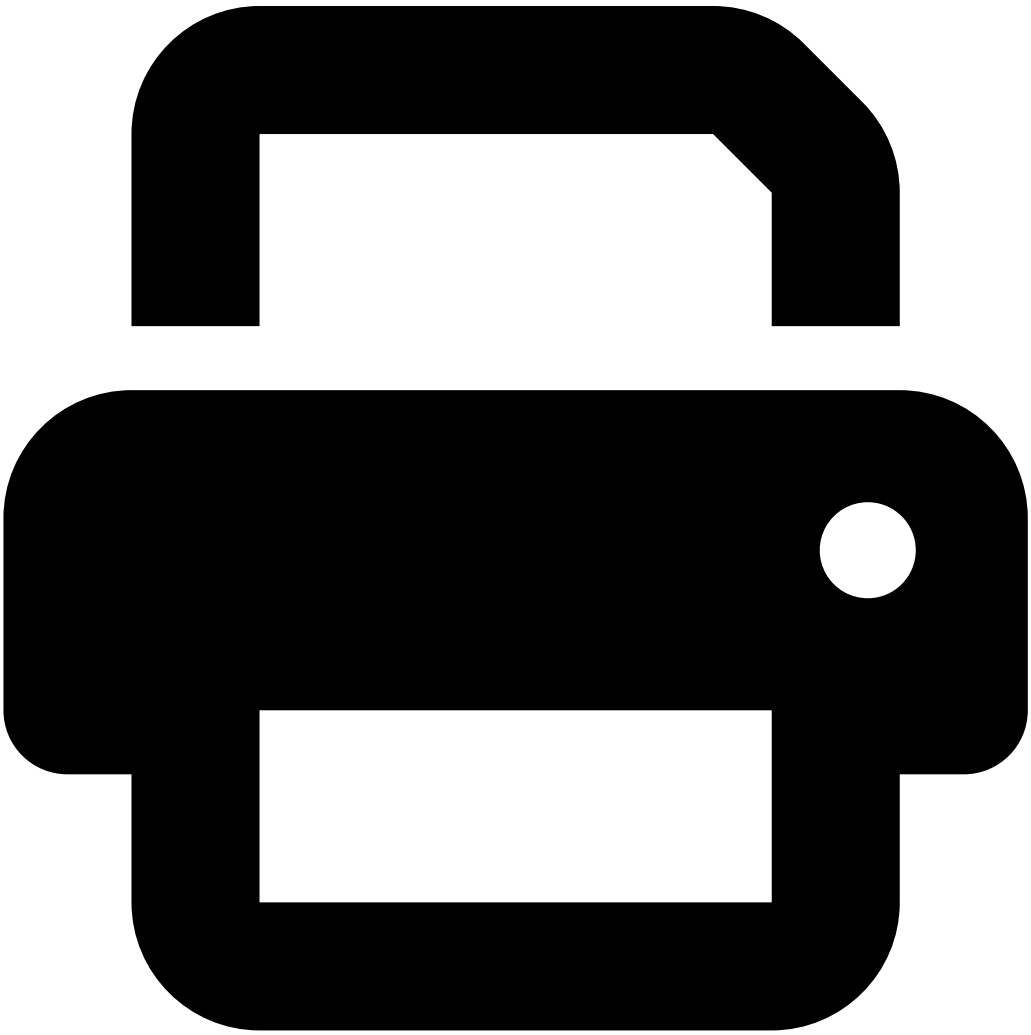

This Italian Broccoli Beef Pasta is an easy 30-minute dinner that combines tender strips of sirloin, crisp-tender broccoli, and pasta in a simple garlicky olive oil sauce. It’s flavorful, satisfying, and versatile enough to customize with ingredients you already have on hand.

I love the classic combination of broccoli and beef. Thinly sliced sirloin is quickly sautéed in olive oil with garlic until tender, then tossed with broccoli and pasta for a simple Italian-inspired meal the whole family can enjoy.

The recipe is easy to make your own, too. If beef isn’t your favorite, substitute thinly sliced chicken. You can swap the broccoli for spinach, add a splash of white wine, or use chicken or vegetable broth for another layer of flavor. Serve it with a simple salad for an easy weeknight dinner, to turn it into a complete and hearty meal.

With simple ingredients, plenty of flavor, and endless ways to customize it, this broccoli beef pasta is one of those easy dinner recipes you'll want to make again and again.

Tips for Making Italian Broccoli Beef Pasta

Get the Pan Good and Hot

When sautéing the beef for this Italian broccoli beef recipe, make sure your pan and olive oil are nice and hot before adding the meat. You want to hear that satisfying sizzle! A hot pan helps the thinly sliced sirloin brown quickly while keeping it tender and flavorful. Avoid overcrowding the pan, or the beef will steam instead of sear.

Save Your Pasta Water

If you're serving this dish with pasta, don't forget to save some of the pasta cooking water before draining it. The starch in the water helps bind the garlic and olive oil sauce to the pasta, creating a silky finish. Add a little at a time until the sauce reaches your desired consistency.

For even more flavor, try adding a splash of white wine and letting it cook down before adding the remaining ingredients. Chicken broth or vegetable broth also works beautifully if you want to add extra depth to the sauce.

Make It Your Own

One of my favorite things about cooking is experimenting with ingredients and making a dish your own. You can substitute chicken for the beef, swap broccoli for spinach, or adjust the garlic and red pepper flakes to suit your taste. You can even serve the beef and broccoli over rice instead of pasta.

When it comes to salt and pepper, I prefer to start with a little and add more as needed. It’s much easier to add seasoning than to fix a dish that’s too salty. If a soup or stew becomes overly salty, adding unsalted liquid or more unsalted ingredients can help balance it. A potato may absorb some liquid and salt, but it won’t reliably remove excess salt from a dish.

And when it comes to basil and garlic, well, those are ingredients I often measure with my heart! Happy cooking!

Storage and Reheating

Refrigerator: Store leftover Italian Broccoli Beef Pasta in an airtight container in the refrigerator for 3–4 days.

Reheating: Reheat gently in a skillet over medium-low heat with a splash of water or broth to loosen the sauce. Stir occasionally until heated through. Avoid overheating the beef, which can make it tough.

Freezing: You can freeze leftovers in a freezer-safe container for up to 2 months, although the broccoli and pasta may soften after thawing. For the best texture, I recommend enjoying this dish fresh or refrigerated.

What to Serve with Italian Broccoli Beef Pasta

This easy beef and broccoli pasta is a satisfying meal on its own, but it’s also delicious with a crisp Italian salad and crusty bread to soak up the garlicky olive oil sauce.

If you enjoy simple Italian dinners, try my **Spicy Sausage and Broccoli Shells**, **Easy Authentic Spaghetti Carbonara**, or **Fettuccine Alfredo with chicken** for more family-friendly pasta ideas.

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Italian Broccoli Beef Pasta is an easy 30-minute dinner made with tender strips of sirloin, crisp-tender broccoli, and pasta tossed in a simple garlic and olive oil sauce. This versatile Italian-inspired dish is easy to customize with chicken, spinach, white wine, or broth for a flavorful weeknight meal.

- 1/2 lb papparadella
- 1/2 lb sirloin strips
- 1/2 lb broccoli florets
- 1 chopped onion
- 3 Tablespoons chopped garlic
- 1 15 oz. can tomato sauce
- 1 15 oz. can chopped tomatoes
- 1 cup reserved pasta water
- 1 Tbsp. each Italian parsley basil and thyme (basil and thyme)
- 1/2 cup parmesan
- Salt and pepper to taste

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 inion and garlic until tender and just beginning to brown
3. Salt and pepper the steak add to the saute pan and cook

until golden brown
4. Add both cans of the tomatoes, and resevered pasta water
5. Simmer covered 20 minutes
6. Add the broccoli and herbs simmer 10 minutes longer
7. Toss the Papparadella with the broccoli beef sauce
8. Sprinkle with the grated Parmesan



Make sure your skillet and oil are hot before adding the beef so it sears quickly instead of steaming. If serving with pasta, reserve some pasta water before draining. The starch helps the garlic and olive oil form a silky sauce that coats the pasta beautifully.

Main Course

Italian

Italian Broccoli Beef Pasta