

Italian Broccoli Beef pasta

Italian Broccoli Beef pasta

This Italian Broccoli Beef pasta is a simple recipe that comes together in about thirty minutes and 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 broccoli you can use spinach. You can also use white wine, chicken or vegetable broth for another depth of flavor, customize the ingredients to fit your life style and taste.

My favorite has always been the combination of broccoli beef. Tender strips of thinly sliced sirloin sauteed in a simply garlicky, olive oil sauce then tossed with crisp tender broccoli makes this a recipe you're going to love.

Delicious on its own with a simple salad or toss in some pasta or rice for a complete meal everyone will love.

Tips When Making Italian Broccoli Beef pasta

When sauteing the beef for this Italian Broccoli beef the pan and oil need to be smoking hot, you need to hear the sizzle.

If you're using pasta save some of the pasta water is a flavor and thickening agent, because of its starch content. You can use white wine, chicken or vegetable broth for another depth of flavor, always options my recipes to fit your life style and taste

The idea is to have fun experimenting with different ingredients until you come up with something that taste good to you. Everyone has different taste buds, that is why i don't give you measurements for salt and pepper. I personal 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.

Here's how you correct over salting, add a potato cut in half to the pot. The potato absorbs some of the salt but doesn't correct it completely. So when it comes to salt less is always better.

Unless your talking about basil and garlic, then there is no set amount that's something you measure with your heart...Happy cooking!!!!!!

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 favorite part!!!!

Ingredients

- 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
- 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. Salt and pepper the steak add to the saute pan and cook until golden brown
4. Add both cans of the tomatoes, and reserved 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 and ENJOY!!!!