



Creamy Beef and Shells



8 oz. medium pasta shells

1 T olive oil

1 lb. ground beef

½ medium sweet onion, diced

2 cloves garlic, minced

½ t Italian seasoning

2 T flour

2 c beef stock

1 15-oz can tomato sauce

¾ c heavy cream

kosher salt and freshly ground pepper

1½ c shredded cheddar cheese

In large pot, cook pasta in boiling water according to package directions. Drain well. Meanwhile in skillet, heat olive oil over medium heat. Add ground beef and cook, breaking into small pieces, until brown. Transfer to plate lined with paper towels and set aside. Add onion to skillet and cook, stirring frequently, 2-3 minutes. Stir in garlic and Italian seasoning and cook for 1 minute. Whisk in flour and stir 1 minute. Gradually whisk in beef stock and tomato sauce. Bring to boil. Reduce heat and simmer, stirring occasionally, until slightly thickened for 6-8 minutes. Stir in pasta, beef, and heavy cream and heat through, 1-2 minutes. Salt and pepper to taste. Add cheese and stir until melted. Serve warm. Refrigerate leftovers.