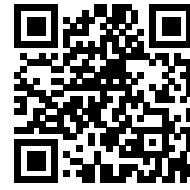


# One Pot Rigatoni and Meat Sauce



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Recipe by: Laura Vitale

Serves 4

**Prep Time: 5 minutes**

**Cook Time: 30 minutes**

## Ingredients

- 1 lb of Ground Beef
- 1 Tbsp of Olive Oil
- 1 Small Onion, diced
- 3 Cloves of Garlic, minced
- Pinch of Hot Pepper Flakes
- 2 cups of Chicken Stock
- 1 cup of Milk
- 1/4 cup of Heavy Cream
- 2 cups of Tomato Sauce or Marinara Sauce
- 2 tsp of Italian Seasoning
- 12oz of Rigatoni
- 1/2 cup of Freshly Grated Parm
- Fresh Basil
- Salt to taste

1) In a dutch oven, add the olive oil, preheat over medium high heat, add the ground beef, break it apart as much as possible, when it's about half way cooked, add the onions with a good pinch of salt and cook about 5 minutes, then add the garlic and hot pepper flakes and cook one more minute.

2) Add the stock, sauce, milk, heavy cream, pinch of salt and Italian seasoning, bring to a boil, simmer a couple minutes, then add the rigatoni, lower the heat to medium low and simmer covered for 8 to 9 minutes or until al dente, once there, stir in the cheese and basil, let it sit a few minutes then serve!

