

# Tuscan Beef Pasta

24 ounces pasta - cork screw (Rotini), bells (Campanelle), bow ties (Farfalle), shells (Conchiglie), etc.

2 pounds ground beef

1 large sweet onion, diced

2 tablespoons (=1 coffee measure = 1/8 cup) minced garlic

10 ounces fresh spinach (1 large pack or 2 small ones)

2 8.5-ounce jars sun-dried tomatoes (I like the julienne cut)

1 6-ounce can tomato paste

$\frac{1}{4}$  cup butter (= 4 tablespoons = 2 coffee measures)

4 cups milk

4 cups beef broth (1 32-ounce box)

2 cups Parmesan cheese, freshly grated

Spices:

4 teaspoons garlic powder

4 teaspoons onion powder

4 teaspoons Italian seasoning

2 teaspoons paprika

1 teaspoon black pepper

5 teaspoons salt

Prepare two spice containers (small bowls work well) as follows:

### Spice Set 1

- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons paprika
- 2 teaspoons salt
- 1 teaspoon black pepper

### Spice Set 2

- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 4 teaspoons Italian seasoning
- 3 teaspoons salt

Brown the meat in a large stock pot with Spice Set 1. Cook about 5 minutes on medium heat and break the meat into small pieces.

Add the onion, garlic, butter, sun-dried tomatoes (and the oil from the jars), and the tomato paste. Sauté for 5 minutes.

Add the pasta, beef broth, milk, and Spice Set 2. Mix everything together and make sure the pasta is spread evenly.

Cover and simmer for 10 to 12 minutes on medium to low heat. Check at 10 minutes to make sure the pasta is done.

Fold in the spinach until it wilts. Remove from heat and mix in the Parmesan cheese.

Serve and enjoy!