

Cheryl's RUSTIC HERB BEEF Pasta

MADE WITH
REAL INGREDIENTS
& HERBS

EVERYTHING
HERBAL
by Cheryl Jabz



Tender beef tips simmered in a garlic herb gravy and tossed with pasta for a hearty, comforting meal the whole family will love.



COMFORT
FOOD MADE
WITH REAL
INGREDIENTS



PREP TIME
15 MIN



COOK TIME
40 MIN



SERVINGS
4-6

INGREDIENTS

- 12 oz egg noodles or pasta of choice
- 1½ lbs beef stew meat or sirloin tips, cut into bite-size pieces
- 2 tbsp olive oil
- 1 tbsp butter
- 1 small onion, chopped
- 4 cloves garlic, minced
- 2 cups beef broth
- 1 tbsp Worcestershire sauce
- 1 tbsp tomato paste
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 tsp dried sage
- 1/2 tsp dried oregano
- 1/2 tsp black pepper
- 1/2 tsp sea salt (or to taste)
- 1 tbsp all-purpose flour (optional, for thickening)
- 1/4 cup heavy cream (optional)
- Fresh parsley for garnish
- Grated Parmesan cheese

HERBS with BENEFITS

Rosemary: Supports circulation & memory
Thyme: Aids digestion & immunity
Parsley: Rich in vitamins A, C & K
Sage: Supports brain & bone health

INSTRUCTIONS

- 1 COOK PASTA:** Bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Drain and set aside.
- 2 BROWN BEEF:** Heat olive oil in a large skillet or Dutch oven over medium-high heat. Season beef with salt and pepper. Add beef in batches and sear until browned on all sides. Remove and set aside.
- 3 SAUTÉ:** In the same skillet, add butter and onion. Cook for 4–5 minutes until softened. Add garlic and sauté for 1 minute until fragrant.
- 4 MAKE SAUCE:** Stir in tomato paste and cook for 1 minute. Add beef broth, Worcestershire sauce, rosemary, thyme, sage, oregano, parsley, and black pepper. Stir well and bring to a simmer.
- 5 SIMMER:** Return beef to the skillet. Reduce heat to low, cover, and simmer for 25–30 minutes or until beef is tender.
- 6 THICKEN (OPTIONAL):** Mix flour with 2 tbsp of water to make a slurry. Stir into the sauce and cook for 2–3 minutes until thickened. Stir in heavy cream if using.
- 7 COMBINE:** Add cooked pasta to the skillet and toss gently to coat with the herb gravy.
- 8 SERVE:** Sprinkle with fresh parsley and grated Parmesan cheese. Serve warm and enjoy!

CHEF'S TIP

For even more flavor, let the sauce simmer a little longer and add an extra splash of cream before serving.



Made with
Real Ingredients
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 Serve warm and enjoy! 

♥ SIMPLE INGREDIENTS. HERBAL GOODNESS. PURE COMFORT. ♥

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