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- 8 ounces medium pasta shells
- 1 tablespoon olive oil
- 1 pound ground beef
- 1 small sweet onion, finely diced
- 5 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1 teaspoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 2 tablespoons all-purpose flour
- 1 cup beef stock
- 1 (15-ounce) can marinara sauce
- 3/4 cup heavy cream
- 1/4 cup sour cream
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 cups freshly grated cheddar cheese

Instructions

- Cook the Pasta: Prepare the pasta shells according to package instructions in a large pot of salted boiling water. Drain and set aside.
- Brown the Beef: Heat olive oil in a large skillet over medium-high heat. Add ground beef and cook until browned, about 3-5 minutes, breaking it apart with a spoon. Drain any excess fat and set the beef aside.
- Sauté Onion and Garlic: Using the same skillet, sauté the diced onion for 2 minutes, stirring frequently. Add minced garlic and cook for about 1 minute until fragrant.
- Make the Roux: Stir in the flour and cook for 1 minute, whisking until lightly browned to help thicken the sauce.

- Add Liquids and Seasonings: Gradually whisk in the beef stock, followed by marinara sauce. Stir in Italian seasoning, parsley, oregano, and paprika.
- Simmer the Sauce: Bring the sauce to a boil, then reduce heat and simmer for 6-8 minutes, stirring occasionally, until the sauce thickens slightly.
- Combine Pasta and Beef: Add the cooked pasta and the browned beef back into the skillet. Stir to coat everything evenly in the sauce.
- Incorporate Dairy: Stir in the heavy cream and cook for 1-2 minutes until heated through. Adjust the seasoning with salt and pepper. Then, stir in the sour cream.
- Add Cheese: Fold in the grated cheddar cheese and cook for another 1-2 minutes until the cheese has fully melted.
- Serve: Serve the creamy beef and shells immediately, optionally garnished with parsley for a pop of color. Enjoy!