



## Beef & Asparagus Pasta Toss

- 3 cups uncooked bow-tie pasta
- 1 pound fresh asparagus, tough ends snapped, cut into 1-inch pieces
- 2 tablespoons extra virgin olive oil
- 1/4 cup minced onion
- 3 cloves garlic, minced
- 1 pound extra lean ground beef, browned and drained
- 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped Italian parsley
- 10 cherry or grape tomatoes, halved, for garnish

Cook pasta in boiling salted water 10 minutes or until almost tender. Add asparagus; continue cooking 3 to 4 minutes or until pasta and asparagus are tender. Drain well.

Heat extra virgin olive oil in large nonstick skillet over medium heat until hot. Add onion and garlic; cook 3 to 4 minutes or until tender, stirring frequently. Remove from heat. Add beef and toss to warm beef. Season with salt and pepper.

Combine beef mixture with pasta mixture in a large bowl; toss well. Adjust seasoning if necessary. Sprinkle with chopped parsley and tomato halves if desired.

Yields 4 servings.

<b>Nutrition Facts</b>		
Servings per recipe: 4		
<b>Amount Per Serving</b>		
<b>Calories</b> 652	<b>Calories from fat</b> 252	
<b>% Daily Value</b>		
<b>Total Fat</b> 28g		43%
Saturated Fat trace 9g		44%
<b>Cholesterol</b> 78mg		26%
<b>Sodium</b> 352mg		15%
<b>Carbohydrate</b> 66g		22%
Dietary Fiber 5g		19%
<b>Protein</b> 34g		68%
Vitamin A: 17%	Vitamin C 36%	Folacin: 44%
Calcium: 6%	Iron: 37%	Potassium: 15%

**Source:** Modified by original source: <http://www.beefitswhatsfordinner.com>

**Provided by:**

Barbara Brown  
Food Specialist  
OSU Cooperative Extension Service  
Stillwater, Oklahoma 74078-6141  
[bbrown@okstate.edu](mailto:bbrown@okstate.edu)