



INVICTUS
SPORTS PERFORMANCE & FITNESS



CHEESY BEEF PASTA

410 Calories | 49g Protein | 33g Carbs | 10g Fat | 10 Servings

INGREDIENTS

BEEF MIXTURE

- 3 lbs 96/4 beef
- 16 oz Broccoli
- 1 Box Protein Pasta (I prefer Barilla)
- 2 tsp Garlic Powder
- 1.5 tsp Onion Powder
- 1.5 tsp Black Pepper
- 1.5 tsp Salt

DIRECTIONS

1. Cook ground beef with the seasoning listed above.
2. Boil broccoli for 10 minutes.
3. Boil protein pasta until cooked al dente.
4. Blend all of the "Cheese Sauce" ingredients.
5. Put the beef, pasta and broccoli into a large pan/pot.
6. Cover the pasta/beef/broccoli mixture with cheese sauce. Mix and distribute into 10 meal prep containers.

CHEESE SAUCE

- 300g Plain Greek Yogurt
- 300g 2% Cottage Cheese
- 8oz Beef Bone Broth
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 0.5 tsp Black Pepper
- 0.5 tsp Salt
- 2.5 tbsp Corn Starch
- 1 Bag 2% Mexican Cheese