



Garlic Alfredo

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	5 MIN	12 MIN		8

Garlic Alfredo sauce is a rich and creamy pasta sauce made with butter, garlic, heavy cream, and parmesan cheese. It has a smooth texture and a deep, savory flavor that makes it a classic favorite. This easy homemade version comes together quickly and delivers restaurant-quality results. It's perfect for pasta, chicken, shrimp, or vegetables, making it a versatile and comforting dish.

Ingredients

- 2 tablespoons butter
- 4 garlic cloves, minced
- 1 cup heavy cream
- $\frac{3}{4}$ cup grated parmesan cheese
- Salt and pepper to taste
- 1 tablespoon fresh parsley (optional)

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 10-12 minutes
- Total Time: 15-17 minutes
- Servings: 4
- Course: Sauce / Condiment

Cooking Method

Instructions

1. Melt butter in a pan over medium heat.
2. Add minced garlic and sauté for **1-2 minutes** until fragrant.
3. Pour in heavy cream and stir well.
4. Simmer for **5-7 minutes** until slightly thickened.
5. Add parmesan cheese gradually, stirring until melted and smooth.
6. Season with salt and pepper.
7. Garnish with parsley and serve warm over pasta.

Cooking Tips

- Use freshly grated parmesan for best texture
- Keep heat moderate to avoid separating
- Stir continuously for a smooth sauce

Variations

- Add grilled chicken or shrimp
- Add mushrooms for extra flavor
- Use roasted garlic for a milder taste
- Add chili flakes for a spicy version

What to Serve with Garlic Alfredo

- Fettuccine or pasta
- Grilled chicken
- Shrimp
- Steamed vegetables
- Garlic bread

Storage

Store in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat gently on low heat, adding a little milk or cream if needed.

Frequently Asked Questions

What pasta works best with Alfredo?

Fettuccine is the most popular choice.

Can I make Alfredo without cream?

Traditional Alfredo uses butter and cheese, but cream makes it smoother.

Why is my sauce grainy?

Use freshly grated cheese and avoid high heat.

Recipe Author

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Generated on: Jul 11, 2026 02:53

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