

One Pot Taco Pasta

14 ingredients · 40 minutes · 6 servings



Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

No Ground Beef

Use ground chicken or turkey instead.

Vegan & Vegetarian

Swap the ground meat out for cooked lentils.

Optional Toppings

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Beef
- 4 **stalks** Green Onion (finely chopped)
- 2 **Garlic** (cloves, minced)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 1 **Tomato** (large, diced)
- 1/2 **cup** Frozen Corn (thawed)
- 1/2 **cup** Black Beans (cooked, from the can)
- 1 **Red Bell Pepper** (diced)
- 2 1/2 **cups** Organic Chicken Broth
- 1 **cup** Organic Salsa
- 2 **cups** Brown Rice Pasta Shells (dry, uncooked)