

Taco Pasta Recipe

Ingredients

- 1/2 pound ground chuck
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly cracked black pepper
- 1 teaspoon freshly minced garlic
- 1/2 cup diced yellow onion
- 15 ounce can of black beans, drained and rinsed
- 10 ounce can of diced tomatoes with green chilies, undrained
- 1 cup frozen corn kernels
- 1/2 cup salsa
- 1 cup elbow noodles
- 1 1/2 cups water
- 1/2 cup shredded Mexican flavored cheese
- Freshly chopped cilantro for garnish
- Toppings: sour cream and guacamole

Instructions

1. Season beef with 1/2 teaspoon kosher salt and 1/2 teaspoon freshly cracked black pepper.
2. Heat skillet over mid-high heat and spray lightly with cooking spray. Add beef to skillet and sear one side. About 3-5 minutes. Turn beef over and break up slightly.
3. Add 1 teaspoon freshly minced garlic and 1/2 cup sliced onions. Saute until beef is cooked through and onions are softened. About 3-5 minutes
4. Add 15 ounce can of drained black beans, 10 ounce can of diced tomatoes with green chilies, 1 cup frozen corn kernels, 1 cup elbow noodles, & 1 1/2 cups water. Stir to combine.
5. Bring the mixture in the skillet to a boil, cover, and reduce heat to mid-low. Simmer for 18-20 minutes until the pasta is cooked and most of the liquid is absorbed.
6. Top with 1/2 cup shredded cheese and put the lid back on the skillet until the cheese is melted nicely. About 2-3 minutes.
7. Garnish with freshly chopped cilantro and serve with sour cream and guacamole. Enjoy!

Yield: 4 Servings

Prep Time: 10 mins.

Cook time: 20 mins.

Total time: 30 mins.

Recipe Credit: <https://www.ourlifetastesgood.com/2018/01/one-pot-taco-pasta-skillet.html>