

One Pot Taco Pasta

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Serves 6

Blue – 10

Purple – 6 (if you use whole wheat pasta)

Green – 10

- 1 cup reduced fat Co-Jack cheese, shredded
- 4 oz Cabot Reduced Fat 75% Cheddar, shredded
- 1/2 cup queso cheese
- 1 pound 96% lean ground beef
- 1 cup 1% milk
- 1 Tbsp light butter
- 2 cloves garlic, minced
- 1 packet taco seasoning (or 2 Tbsp if using homemade)
- 1 Tbsp Worcestershire sauce
- 2 Tbsp tomato paste
- 1 cup beef broth
- 1 cup chicken broth
- 1 cup 1% milk
- 1 can Rotel
- 8 oz medium pasta shells (whole wheat if you are on purple)
- salt / pepper to taste

1. Shred the cheeses. Set aside. Bring them to room temperature

2. Cook and crumble the ground beef over medium high heat in a high walled pot or dutch oven. Drain fat and return to pot
3. Melt the butter in the same pot and add garlic. Cook for 1 minute
4. Add all remaining ingredients except the cheese and pasta
5. Stir to combine. Bring to a gentle boil
6. Add the pasta and submerge it in the liquid. Cover and cook 10-12 minutes or according to the directions on the pasta package
7. Turn heat to low and gradually stir in cheese until melted
8. The sauce will thicken upon standing and the pasta will continue to absorb it. Once it reaches the desired consistency, serve.
9. Add ins: black beans, corn, jalapeno peppers, etc