

Taco Pasta

MADE WITH LOVE

by Teresa Forchard

WITH ROASTED ZUCCHINNI, TOMATO, ONION AND PEPPERS

Ingredients

- 2 tbsp. olive oil
- 1/2 cup finely diced yellow onion
- 1 lb. lean ground beef (can also use ground turkey)
- 2 cloves minced garlic
- 2 TBS Taco seasoning
- 1 cup of your favorite salsa
- 12 oz. dried shell pasta
- 4 cups beef broth
- 1 cup shredded low fat mexican blend cheese

For Side:

- 1-2 zucchinis
- 1 cup cherry tomatoes
- 1/2 onion sliced (can use the other half of the onion from above)
- 1 bell pepper sliced
- 2 TBS olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp garlic powder
- 1 tsp paprika

Directions

1. Preheat oven to 425 degrees. Heat a deep skillet or pot over medium-high heat. Add olive oil, onions, and ground beef. Season with taco seasoning
2. While meat starts to cook, heat 4 cups of beef broth in microwave for 5 minutes.
3. While meat is cooking and water is heating, chop your veggies for your side. Cut tomatoes if you prefer.
4. At the 5 minute mark (when water is done), meat should be mostly cooked. Add 1 cup of salsa to the skillet and mix well. Add boiling broth, and shell pasta to the skillet.
5. Cover, and return to a boil. Put chopped veggies on a baking sheet lined with parchment paper. Drizzle with 2 TBS of olive oil. Season with 1/2 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder, and 1 tsp paprika. Place in the oven for 12 minutes.
6. Remove lid from the skillet, and continue cooking pasta for about 12 minutes, or until pasta is done.
7. Turn heat to low, stir in shredded cheese. Remove veggies from the oven.
8. Top with fresh cilantro, or jalapeños if desired!
9. Enjoy!