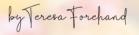
#### MADE WITH LOVE



## WITH ROASTED ZUCCHINNI, TOMATO, ONION AND PEPPERS

Vaco Pasta

### 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 tomoatoes
- 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
- 1tsp 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 ½ tsp salt, ½ 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!