

Cheesy Taco Pasta

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Servings: 8

Ingredients

- 3 cups small shell pasta
- 1 pound ground beef, lean or extra lean
- 1/2 cup onions, chopped
- 2 cloves garlic, minced, optional
- 1/4 cup taco seasoning
- 2 cups water
- 1 cup tomato sauce
- 1 cup shredded cheese, cheddar or mozzarella
- fresh cilantro, chopped, optional

Steps

1. Place a large frying pan on medium-high heat.
2. Add ground beef and stir until it is no longer pink. Drain fat from the pan.
3. Add onions and optional garlic to the beef. Fry for 2-3 minutes until onions are translucent.
4. Stir in the tomato sauce, taco seasoning, water and pasta.
5. Loosely cover the pan, reduce heat to medium.
6. Cook for 5-10 minutes until the pasta is done, stirring occasionally.
7. Remove from heat and stir in cheese and optional fresh cilantro. Serve and enjoy!

