



Easy Slow Cooker Taco Pasta

Description

Ingredients

- 1 pound lean ground beef
- salt and pepper
- 1 bell pepper chopped
- 15 ounce can crushed tomatoes
- 1 cup jarred salsa I used mild
- 15 ounce can corn drained
- 3 tablespoons taco seasoning I use this easy recipe
- 2 ½ cups water or low sodium chicken broth I used one 14.5 ounce can chicken broth plus enough water to total 2 ½ cups
- 12 ounces shell pasta shapes whole grain or white
- 1 cup shredded cheddar cheese

Instructions

- Heat a large skillet over medium-high heat. Add the beef and season with salt and pepper. Cook the meat, stirring often, until browned. Transfer beef to slow cooker.
- Add the bell pepper, crushed tomatoes, salsa, corn, taco seasoning, and broth or water. Stir.
- Cook on low for 5-6 hours or high for 2-3 hours.
- Stir in the pasta. Cook on high for 10-20 minutes. Pasta cook time will vary by slow cooker, begin checking for doneness at 10 minutes.
- Stir in the cheddar cheese and serve.

Nutrition

Serving: 1/8 of recipe | Calories: 396kcal | Carbohydrates: 48g | Protein: 27g | Fat: 12g | Saturated Fat: 5g | Cholesterol: 64mg | Sodium: 742mg | Fiber: 7g | Sugar: 8g

Category

1. Crockpot Recipes

Date Created

21/01/2025

Author

rauf

default watermark