



Slow Cooker Mexican Hamburger and Shells

Description

Ingredients

1 lb ground beef
1 medium onion, diced
2 cloves garlic, minced
1 can (15 oz) black beans, drained and rinsed
1 can (15 oz) corn, drained
1 can (14.5 oz) diced tomatoes
1 can (8 oz) tomato sauce
1 packet taco seasoning mix
1 cup beef broth
2 cups uncooked pasta shells
1 cup shredded cheddar cheese
Salt and pepper to taste
Fresh cilantro for garnish (optional)

Directions

In a large skillet, brown the ground beef over medium heat until fully cooked. Drain any excess fat. Add the diced onion and minced garlic to the skillet. Cook until softened, about 3-4 minutes. Transfer the beef mixture to your slow cooker. Stir in the black beans, corn, diced tomatoes, tomato sauce, taco seasoning, and beef broth. Cover and cook on low for 4-5 hours. About 30 minutes before serving, stir in the uncooked pasta shells. Cover and cook until the pasta is tender. Once the pasta is cooked, stir in the shredded cheddar cheese until melted and well combined. Season with salt and pepper to taste. Garnish with fresh cilantro if desired.

Variations & Tips

Feel free to get creative with this recipe! You can substitute ground turkey for a leaner version, or use whole grain pasta for a healthier twist. If you prefer spicier food, add a chopped jalapeño or a dash of hot sauce. For a vegetarian option, skip the ground beef and double up on the beans and veggies. And if you're short on time in the evening, you can prepare the beef mixture the night before and refrigerate it just pop it into the slow cooker in the morning before you head to work.

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1. Crockpot Recipes
2. Grandma Recipes

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