

Taco Pasta

IOWA

Student Wellness

Ingredients

- 1 pound ground beef
- 1 cup low sodium beef broth
- 1 cup water
- 1 (1oz) package taco seasoning
- 1 (14.5 oz) can diced tomatoes, undrained
- 1/4 cup white onion, diced
- 1 garlic clove, minced
- 1 (8oz) packet of favorite taco/enchilada sauce
- 4 oz low fat cream cheese, soften and cut into 1 inch pieces
- 3 cups medium sized shell noodles, cooked
- 2 cups low fat cheddar cheese, shredded

Optional Toppings: sour cream, salsa, shredded cheese



Directions

1. Cook ground beef in skillet over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain fat.
2. Place cooked beef, beef broth, water, taco seasoning, diced tomatoes, onion, garlic, taco/enchilada sauce, and cream cheese into a 5-6 quart slow cooker. Stir until well combined.
3. Cover; cook on LOW setting 4-5 hours.
4. When about 15 minutes are left, cook and drain pasta as directed on package.
5. Uncover crockpot and stir in pasta and shredded cheese. Stir until well combined.
6. Continue to cook, uncovered for 10-15 more minutes, or until cheese has melted.