



Taco Rotini Pasta



This easy Rotini Pasta is a family friendly flavor packed meal that is ready in under 30 minutes all in one pot. If you like southwestern cuisine than you are going to love this! It is a filling meal. A great way to use up all that Rotini you have on hand.

Cook time: 30 Min **Prep time:** 5 Min **Yield:** 4

Ingredients

- 1 lb ground beef
- 1 small onion chopped
- 1 small jalapeno finely chopped
- 2 clove garlic minced
- 2 Tbsp taco seasoning
- 1 (14.5) ounce can salsa style tomatoes
- 2 c low sodium beef broth
- 2 c uncooked rotini pasta

Top With:

- tomatoes
- sour cream
- cheddar

Directions

In large stock pot brown ground beef. About halfway through the browning process drain any excess fat; add onion and jalapeno. Over medium heat cook for 4-5 minutes. Lower heat; add garlic and cook for 1 minute. Add taco seasoning, salsa style tomatoes, beef broth and rotini pasta.

Cover and simmer for 15-20 minutes or until pasta is tender. Top with tomatoes, sour cream, cheddar cheese and if desired jalapeno slices.

Remember you could always adjust to things like ground turkey, spices and herbs, and smaller portions to fit your dietary needs.

Nutrition Facts

4 servings per container

Serving size 367 grams (250g)

Amount Per Serving

Calories **410**

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 740mg **32%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **14%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 35g **70%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.