

Skillet Taco Pasta Shells - One Pot Meal by Lynn's Recipes



Lynn demonstrates another One Pot Meal, Skillet Taco Pasta Shells. This is great for any of those busy nights we all have when we need to get a delicious dinner on the table in a hurry. Add a salad or vegetable and some bread and it completes the meal. Adapted from melskitchencafe.com. Serves 6.

Ingredients:

- 1 pound ground turkey or beef
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon onion powder or 1/2 cup finely chopped onion
- 1 teaspoon garlic powder or 2 cloves garlic, finely minced
- 14.5 ounce can diced tomatoes
- 8 ounce can tomato sauce
- 1/2 cup salsa verde (green salsa)
- 15 ounce can pinto beans, rinsed and drained
- 1 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 2-1/2 cup medium pasta shells, uncooked
- 1-1/3 cups chicken broth
- 1 teaspoon Worcestershire sauce
- 1 teaspoon brown sugar
- 1 cup shredded sharp cheddar cheese
- Fresh cilantro, chopped for garnish
- Sour cream, olives, salsa for serving, optional

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In a large 12" skillet, cook the ground turkey or ground beef, salt, pepper, onion, garlic, (or onion powder and garlic powder) over medium heat, stirring occasionally and breaking up the meat. Once the meat is cooked, drain any grease if necessary and place eat on a plate and set aside.

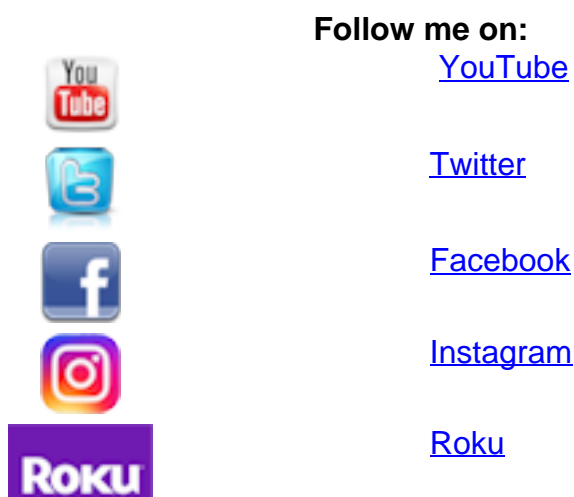
To the skillet, add the diced tomatoes, tomato sauce, salsa verde, pinto beans, chili powder, oregano, pasta shells, chicken broth, Worcestershire sauce and brown sugar.

Bring the mixture to a boil, turn down heat and simmer, stirring occasionally to make sure the pasta isn't sticking, until the pasta is tender and most of the liquid has been absorbed 15-20 minutes.

Stir in the cooked ground meat and top with the shredded cheese. Cover the skillet for 1-2 minutes to let the cheese melt. Sprinkle with the cilantro.

Serve with sour cream, olives and salsa if desired.

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Lynn's Recipes | April 2015
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