

Choco Fever Dream

Cheesy Taco Pasta – Easy One-Pot Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 2 cups uncooked penne pasta
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1 tablespoon taco seasoning
- [ ] 1 cup tomato sauce
- [ ] 1 cup milk
- [ ] 2 teaspoons olive oil
- [ ] Salt and pepper to taste

Optional Add-Ins

- [ ] 1/2 cup frozen corn
- [ ] 1/2 cup diced bell pepper
- [ ] Fresh cilantro for garnish

Instructions

1. Heat olive oil in a large pot over medium heat. Add ground beef, break it up, and season with taco seasoning, salt, and pepper. Cook until browned, about 5-7 minutes.
2. Stir in tomato sauce and milk, scraping up any browned bits. Bring to a gentle simmer.
3. Add the uncooked pasta (and any optional vegetables). Cover and let simmer, stirring occasionally, until pasta is al dente, about 12-15 minutes. If the sauce thickens too fast, add a splash of water.
4. Reduce heat to low and fold in shredded cheddar and mozzarella until melted and creamy. Taste and adjust seasoning.
5. Serve hot, garnished with fresh cilantro if desired. Pair with a simple side salad for a complete meal.

Nutrition per serving

480 kcal	30 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, thin it with a little broth or water.
- For a spicier kick, add a pinch of cayenne or a dash of hot sauce.
- Allow the dish to rest for a couple of minutes; the flavors will meld even more.