

Mexican-style One Pot Pasta

Prep

10 mins

Cook

20 mins

Portion

Serves 4

All you need is one nutritious pot! Easy clean up, freezer-friendly, a great dish for meal prep!

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Ingredients

2 tbsp of olive oil
1 large onion, finely diced
4 garlic cloves, minced
1 capsicum, chopped
400g of minced beef
2 cans of tinned tomatoes
1 can of kidney beans, drained
2 cups of beef broth
2 tbsp of taco seasoning, adjust as needed
250g of dry pasta of your choice
Salt and pepper, to season

Instructions

1. In a large pot, heat oil over high heat.
2. Add garlic and onion, cook for 1 min.
3. Add capsicum and cook until softened and onion is translucent.
4. Add minced beef and allow to brown, breaking it up as you go.
5. Once the beef is cooked, add all remaining ingredients.
6. Stir, bring to a simmer and turn the heat down to medium.
7. Cover and cook pasta for 10 mins or till al dente.
8. Serve with choice of toppings. Enjoy!

Toppings (optional)

Shredded cheddar	Sliced spring onions	Chilli flakes
Shredded lettuce	Diced avocados	