

Foodnity Recipes

Easy One-Pot Taco Pasta

Skip the mountain of dishes tonight. This hearty meal combines 8 oz (226 g) elbow macaroni with zesty taco flavors in one pan. It is a simple win for busy weeknights.

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

The Base

- [ ] 1 lb (453 g) ground beef
- [ ] 1 tablespoon olive oil
- [ ] 1 cup diced onion
- [ ] 1 cup diced bell pepper
- [ ] 2 cloves garlic, minced

Seasoning & Sauce

- [ ] 1 tablespoon taco seasoning (store-bought or homemade)
- [ ] 1/2 teaspoon crushed red pepper flakes (optional)
- [ ] 1 (14 oz) can diced tomatoes
- [ ] 1 cup tomato sauce
- [ ] 2 cups beef broth

Pasta & Cheese

- [ ] 8 oz (226 g) elbow macaroni
- [ ] 1 cup shredded cheddar cheese
- [ ] 1/2 cup grated Parmesan cheese

Instructions

1. Start by heating your olive oil in the skillet over medium heat. Toss in the diced onion and bell pepper; just let them cook, stirring every now and then, until they're nice and softened—usually takes about 3 minutes.
2. Now, add the ground beef to the pan. Use your spoon to break it up into smaller bits. Cook it until it's all browned and there's no pink left, which should be about 5 minutes. Honestly, if there's too much fat in the pan, just drain it off.
3. Stir in your minced garlic, taco seasoning, and those crushed red pepper flakes. Let that cook for just 1 minute—wow, the smell is just wonderful once it becomes fragrant.
4. Pour in the diced tomatoes, tomato sauce, and beef broth. Give it all a good stir to combine, then just let the mixture come to a gentle simmer.
5. Add the elbow macaroni and pop the lid on the skillet. Turn the heat down to medium-low. Let it cook for 8–10 minutes, stirring occasionally, until the pasta is al dente and that sauce has thickened up beautifully.
6. Take the lid off and sprinkle the shredded cheddar and grated Parmesan right over the top. Stir it all together until the cheeses melt and blend right into the sauce.

7. Taste it—well, look, everyone likes different things, so add a bit more salt or spices if you feel it needs it. Serve it hot, straight from the skillet into your bowls.

Nutrition per serving

550 kcal	30 g	55 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The pasta cooks right in the sauce, which means more flavor and fewer dishes.
- Using a 12-inch skillet ensures everything has room to simmer without boiling over.
- The cheese creates a creamy emulsion that binds the beef and pasta together.