

Carolbake.com | Carol's Taco Shell Pasta

Remember the days of hamburger helper? This week's Quick Family Recipe is a throwback to the 90s when that boxed meal used to make dinner a breeze. We're making taco shell pasta this week.

To make life easier, I always make a big batch of extra taco meat on taco night at my house, and then I keep some in an airtight container in my fridge, so I can use it to make recipes throughout the week. Since I already have the frying pan out, it just makes my life easier to do it all at once. I'll even freeze a batch, so that it's ready when I need it. I use lean beef, but you can sub in ground chicken or ground Turkey or whatever ground meat you like. I also usually use my low carb noodles, but if your family likes pasta, shells are a fun one to use for this dish!

So let's start making dinner together...

Ingredients:

- 1/2 Box of Your Favorite Pasta (I Love Shells for This Recipe)
- 1 Lb Taco Meat
- 1 Cup Shredded Cheese (More to Sprinkle on Top)
- 1/4 to 1/2 Bottle Taco Sauce

How to Make:

- Boil water on stove to cook your pasta. Follow your package instructions for al dente pasta.
- In a frying pan (if you don't make it ahead of time), brown your ground meat. Strain out any liquid, then add taco seasoning and follow instructions on the packet.
- Add your strained pasta to the frying pan with your cooked taco meat.
- Dump in the cup of cheese and drizzle taco sauce across the pan.
- Mix together thoroughly.
- Serve hot with a sprinkle of cheese on top and Enjoy! :)

Told you it was easy... especially if you've already got your taco meat cooked and ready to go. Let's see your family enjoying taco shell pasta together. Share your pics with me and let me know how it turned out on [Instagram](#) or [Facebook](#)!

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