



Taco Pasta Casserole



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Introduction

Taco Pasta Casserole is a delightful fusion of two beloved dishes: tacos and pasta. This comforting and flavorful casserole is perfect for busy weeknights, combining the savory elements of taco seasoned meat, creamy pasta, and gooey cheese into a single hearty dish. Whether you're feeding a family or craving a delicious leftover, this recipe is sure to please everyone at the table.

Detailed Ingredients with measures

Ground beef: 1 pound
Onion: 1 medium, chopped
Garlic: 2 cloves, minced
Taco seasoning: 1 packet
Rotini pasta: 3 cups, uncooked
Diced tomatoes: 1 can (14.5 ounces)
Black beans: 1 can (15 ounces), drained and rinsed
Corn: 1 cup, frozen or canned
Cream cheese: 8 ounces
Shredded cheddar cheese: 2 cups
Chicken broth: 2 cups
Salt: to taste
Pepper: to taste

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 30 minutes

Total Time: 45 minutes

Yield: Serves 6-8 people



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Detailed Directions and Instructions

Step 1: Preheat the Oven

Preheat your oven to 350°F (175°C).

Step 2: Prepare the Pasta

Cook the pasta according to package instructions until al dente. Drain and set aside.

Step 3: Cook the Ground Beef

In a large skillet, brown the ground beef over medium heat. Break the meat apart as it cooks for even browning.

Step 4: Add Seasoning

Once the beef is cooked, add taco seasoning to the skillet along with water. Stir to combine and let simmer until thickened.

Step 5: Combine Ingredients

In a large mixing bowl, combine the cooked pasta, seasoned beef, salsa, and sour cream. Mix well until everything is evenly coated.

Step 6: Transfer to Casserole Dish

Pour the mixture into a greased 9×13 inch casserole dish, spreading it out evenly.

See also [Creamy Velveeta Beef Bowtie Pasta](#)

Step 7: Add Cheese

Sprinkle shredded cheese over the top of the pasta mixture, covering it completely.

Step 8: Bake the Casserole

Place the casserole in the preheated oven and bake for 20-25 minutes, or until the cheese is bubbly and golden.

Step 9: Cool and Serve

Remove the casserole from the oven and allow it to cool for a few minutes before serving.

Notes

Note 1: Pasta Choices

You can use any pasta shape you prefer, such as shells, elbows, or penne.

Note 2: Ground Meat Variations

Feel free to substitute ground turkey or chicken for a leaner option.

Note 3: Cheese Options

Cheddar cheese works well, but you can also mix in Monterey Jack or Pepper Jack for added flavor.

Note 4: Storage

Store leftovers in an airtight container in the refrigerator for up to 3

days. You can reheat in the oven or microwave.

Note 5: Freezing

This casserole can be assembled and frozen before baking for up to 3 months. Just thaw in the refrigerator before baking.



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Cook techniques

Baking

Baking is a cooking method that surrounds food with hot air in an oven, allowing it to cook evenly and develop a golden brown crust. In this recipe, the taco pasta casserole is baked to achieve a perfect blend of flavors and textures.

Layering

Layering is a technique that involves placing different components of a dish in successive layers. In this casserole, pasta, meat, and cheese are layered to create a harmonious blend of tastes in each bite.

Boiling

Boiling is the process of cooking food in water or broth at high temperatures. The pasta is boiled before being combined with other ingredients, ensuring it is cooked thoroughly and ready to absorb the flavors of the casserole.

See also Green Bean Salad for Winter in Jars

Sautéing

Sautéing involves cooking food quickly in a small amount of oil or fat over medium-high heat. This technique can be used to cook the meat and vegetables, enhancing their flavors before they are combined into the casserole.

Mixing

Mixing is the act of combining ingredients to create a uniform mixture.

In this recipe, mixing is essential for integrating the cooked pasta with the other components, ensuring even distribution of flavors.

FAQ

Can I use a different type of pasta for this recipe?

Yes, you can substitute other types of pasta such as penne or rotini, but cooking times may vary.

Can I make this casserole ahead of time?

Absolutely! You can prepare it in advance and refrigerate it. Just bake it before serving.

Is this recipe suitable for meal prep?

Yes, this taco pasta casserole is great for meal prep and can be stored in the fridge for several days.

What can I use instead of ground beef?

You can substitute ground turkey, chicken, or even meat alternatives for a vegetarian option.

How do I store leftovers?

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave or oven.



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Conclusion

Enjoying a taco pasta casserole is a delightful way to combine the bold flavors of tacos with the comforting texture of pasta. This easy-to-make dish is perfect for weeknight dinners, potlucks, or any occasion where you want to serve something hearty and satisfying. With its versatility, you can customize the ingredients to suit your taste and make it a family favorite.

More recipes suggestions and combination

Chili Cheese Pasta Bake

Combine the essence of chili with pasta for a filling dish, topped with cheese for that perfect melt.

See also [Honey BBQ Crockpot Meatballs](#)

Mexican Skillet Rice

A one-pan meal featuring rice, beans, corn, and diced tomatoes seasoned with taco spices for an easy dinner option.

Spicy Taco Soup

A comforting soup that brings together ground beef, beans, corn, and spices, perfect for those who love a hearty bowl.

Cilantro Lime Chicken Tacos

Grilled chicken marinated in cilantro and lime flavors, served in soft tortillas with fresh toppings for a refreshing twist.

Beef and Bean Burritos

Wrap seasoned beef and beans in a tortilla with cheese and salsa for a classic Mexican dish that everyone loves.

Vegetarian Taco Salad

Layered salad with a base of greens topped with black beans, corn, tomatoes, and avocado for a healthy, vibrant meal.

Ground Turkey Tacos

A lighter take on traditional tacos, using ground turkey seasoned with all your favorite taco spices.

Quesadilla Casserole

A baked version of quesadillas, filled with cheese, chicken, or veggies, served in a layered casserole form for easy serving.



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