



One-Pot Turkey Enchilada Pasta

ingredients:

- 2 tablespoons of extra virgin olive oil
- 2 cloves of garlic, minced
- 1/2 of a small onion, diced
- 1 green bell pepper, chopped
- 1 pound ground turkey meat (you can substitute ground beef or chicken if you like, or replace with black/kidney beans or plant-based protein for a meatless option)
- 1/2 packet taco seasoning (or substitute onion, garlic, and chili powders to taste)
- 2 cups of vegetable stock (substitute chicken broth if you'd like)
- 1 19 oz can of red enchilada sauce (or 2 10-oz cans)
- 8 oz (about 2 1/2 cups) of dried rotini pasta (substitute brown rice pasta for GF option)
- 2 cups of freshly shredded Colby Jack cheese (swap plant-based cheese or omit altogether for dairy-free)
- Green onions
- Black olives (optional)



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directions:

- In a large skillet or sauté pan, sauté garlic, bell pepper, and onions in olive oil over medium heat until softened. Add ground turkey and cook until browned.
- Once turkey meat is cooked through, season with taco seasoning, then add pasta, vegetable broth and enchilada sauce to pan.
- Bring to a boil, then reduce heat to low and cover. Cook on low, with pan covered for about 15 minutes. Then remove lid and let simmer for additional 5 minutes until pasta is tender and sauce has reduced.
- Remove from heat and stir in 1 cup of cheese. Top pasta with additional cup of cheese and melt under broiler for a minute or so—or place lid back on pan and let heat from the pasta melt the cheese.
- Garnish with black olives and green onions.



Nutrition Facts- Servings: 6 • Size: 1 cup pasta • Calories: 586 • Fat: 32.6 g •
Cholesterol: 152 mg • Carbs: 36.6 g • Fiber: 1.6 g • Protein: 39.2 g • Sugars:
3.1 g



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