

SOUTHWEST PASTA

Serves: 8 | Preparation: 8 minutes | Total: 15 minutes

Difficulty: Easy



INGREDIENTS

- 1 box (375 grams) pasta of choice
- 2 cups corn kernels (fresh, frozen, or canned)
- 1 medium green bell pepper, cut into thin strips
- ½ medium red onion, sliced
- 1 (15 ounce) can diced tomatoes with chilies (or regular diced tomatoes)
- ¼ cup taco seasoning
- ½ teaspoon salt
- 2 teaspoons vegetable oil
- 4 cups chicken or vegetable broth
- 1 (15 ounce) can black beans, drained and rinsed
- ½ cup shredded cheese, of choice (optional)

INSTRUCTIONS

1. In a large pot, combine pasta, corn, bell pepper, red onion, diced tomato, taco seasoning, salt, vegetable oil and broth. Bring to a boil.
2. Reduce heat to medium low and cook covered for 12-15 minutes, stirring occasionally. There should still be some liquid left in the pot when done.
3. Remove from heat. Stir in black beans and cheese (optional). Cover and allow to sit for 5 minutes or until beans are warm and cheese is melted.

For more recipes, visit thefoodbank.ca/food

Adapted from thewholesomedish.com