

## **Tex-Mex Spaghetti**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Serves: 4

**CChints:** Buy lean ground beef, turkey and chicken when it is on sale. Brown it, crumbled and store divided into 1 pound freezer containers that you have labeled. It will cut 10-15 minutes off the cooking time of any recipe. Ranch Style beans are called for because of their unique flavor.



1 pound lean ground beef, turkey or chicken

1 envelope Taco Seasoning

1/2 cup water

14.5 ounce can Diced Tomatoes, not drained. If you like a spicy salad, use tomatoes with mild green chilies or jalapenos.

15 ounce can Ranch Style Beans®, drained

4 servings of spaghetti

Toppings;

1/2 cup yellow onion, diced

1 cup shredded reduced fat cheddar cheese

1 small container reduced fat sour cream

1 can pitted black olives, drained

Salt and pepper to taste

**Meat Frozen:** Take a 1 pound container from the freezer. Take off the lid and cover container with a paper towel. Microwave at 50% power for 2 minutes and if it doesn't break up easily, do it again for another 2 minutes.

**Fresh Meat:** Cook 1 pound of meat in a medium skillet over medium heat until done. Breaking up into pieces as it cooks. When the meat is browned, drain in on a few layers of paper towels.

Add water to a 2.5 quart sauce pan over medium heat and stir in the taco seasoning. Add in the meat, tomatoes and beans to the pan and stir. When mixture begins to boil, reduce heat to a simmer for 15 minutes. Remove from heat and allow it to cool slightly.

Read the cooking instructions on your pasta and see how much time takes. Time it so the pasta is done at the same time as the meat mixture. Start preparing the toppings and side vegetable. Put these in small serving bowls or divided serving piece so that people can add their own toppings.

When the pasta is done, drain it. Divide among the plates and top with the taco meat mixture. Add with your favorite toppings and serve with your side vegetable.