



Nourish Recipe

## Taco Pasta

Servings: 4-6

Prep: 5 minutes  
Cook: 15 minutes

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### What you'll need



measuring  
spoons



measuring  
cups



large non-stick  
skillet



large bowl



### Ingredients

- 1 box of pasta
- 1 Tbsp olive or avocado oil
- 1 lb ground turkey, or any other ground meat
- 2 bell peppers, small diced
- 1 onion, small diced
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder

### Sauce

- 15 oz tomato sauce
- ½ cup dairy-free milk
- 1 lime juiced
- ½ cup nutritional yeast
- 1 tsp garlic powder
- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp paprika
- ½ tsp red pepper flake
- Salt, to taste

# Taco Pasta

## Instructions

1. In a large bowl, mix all the ingredients for the sauce and set aside.
2. Heat the oil (1 Tbsp) over medium-high heat in a large non-stick skillet. Add the turkey and cook until almost browned on all sides, about 5 minutes.
3. Add the bell peppers (2), onion (1), salt (1 tsp), pepper (1 tsp), garlic powder (1 tsp), cumin (1 tsp), chili powder (1 tsp), and sauce mixture and cook for another 10 minutes.
4. Meanwhile, cook the pasta per box instructions. Drain pasta and rinse with cold water to avoid the noodles sticking together. Add the pasta to the turkey mixture and stir until pasta is coated in sauce.



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## Nutrition Facts

Servings 4

Amount Per Serving

**Calories** **637**

% Daily Value

**Total Fat** 22.5g **29%**

Saturated Fat 2.8g **14%**

**Cholesterol** 116mg **39%**

**Sodium** 1350mg **59%**

**Total Carbohydrate** 62.6g **23%**

**Dietary Fiber** 19.9g **71%**

**Sugars** 14.9g

**Protein** 64.4g

Vitamin D 15mcg **75%**

Calcium 146mg **11%**

Iron 11mg **61%**

Potassium 864mg **18%**