

Mexican One Pan Pasta

Yield: 5 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/black-bean-rotini-recipe-mexican>

Ingredients:

- 1 pound ground turkey
- 1 onion medium, diced, about 1 cup
- 2 cloves garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder
- 12 ounces rotini box Barilla Pronto
- 2 cups chicken broth
- 1 cup salsa
- 1 cup corn kernels
- 3/4 cup black beans drained and rinsed
- 1/2 cup milk
- 1 cup shredded cheddar cheese

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 100 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 42 grams
7. SaturatedFat: 7 grams
8. Sodium: 1290 milligrams
9. Sugar: 8 grams

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