

# Mexican Style Spaghetti and Meatballs

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-style-spaghetti>

## Ingredients:

- 1 pound lean ground meat I used chicken
- 1 cup tortilla chips 1/2 cup crushed
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 cloves garlic grated
- 1/2 teaspoon seasoning salt or Adobe seasoning, see note
- black pepper to taste
- red chili flake to taste
- 1 jar spaghetti sauce your favorite
- 2 cups salsa your favorite
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 3 cloves garlic grated
- 2 tablespoons taco seasoning I used McCormick brand
- 1 tablespoon chipotle peppers minced
- 1 onion medium, chopped
- 2 jalapeno seeded and chopped
- 2 teaspoons brown sugar
- red chili flakes to taste
- seasoning salt or Adobe Seasoning to taste, this is the salt in the dish
- 1 box pasta cooked 1 minute shy of al dente

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 50 milligrams
4. Fat: 11 grams

5. Fiber: 11 grams
  6. Protein: 31 grams
  7. SaturatedFat: 3 grams
  8. Sodium: 1150 milligrams
  9. Sugar: 19 grams
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