

# Taco Pasta Bake

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-recipe-for-three-cheese-pasta-bake>

## Ingredients:

- 12 ounces pasta cellentani, may sub rigatoni, penne, etc.
- 1 pound lean ground beef
- 1 onion small, chopped
- 5 garlic cloves minced
- 14 3/4 cans creamed corn sweet
- 1 cup tomato sauce
- 10 ounces enchilada sauce mild
- 14 1/2 ounces diced tomatoes petite
- 15 ounces red kidney beans, rinsed and drained
- 4 ounces diced green chilies mild
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon pepper
- 4 ounces cream cheese 1/3-less-fat , cubed
- 1 1/2 cups shredded cheddar cheese divided
- 1 cup jack cheese pepper , divided
- tortillas strips
- tomatoes
- avocados
- sour cream
- cilantro
- cheese extra
- hot sauce

## Nutrition:

1. Calories: 1720 calories

2. Carbohydrate: 296 grams
  3. Cholesterol: 125 milligrams
  4. Fat: 34 grams
  5. Fiber: 28 grams
  6. Protein: 79 grams
  7. SaturatedFat: 17 grams
  8. Sodium: 4550 milligrams
  9. Sugar: 46 grams
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