

# Mexican Food Meets Vegetable Pasta

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/top-mexican-food-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 2 teaspoons garlic
- 2 cloves
- 1 cup onion chopped 1 medium onion
- 1 cup bell pepper your choice
- 1 1/2 cups vegetable broth or water, adjust seasoning if adding water
- 8 ounces elbow macaroni 2 cups
- 12 ounces salsa 1 jar, I use Trader Joe's Salsa Authentica
- 1 1/2 cups frozen corn
- 15 ounces canned black beans rinsed and drained
- 3 tablespoons taco seasoning adjust to taste
- 1 cup Mexican cheese shredded, adjust to taste
- 1 tablespoon spring onions chopped, for garnish, optional
- 2 tablespoons cilantro chopped
- juice lime

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 98 grams
3. Cholesterol: 35 milligrams
4. Fat: 16 grams
5. Fiber: 16 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 1660 milligrams
9. Sugar: 16 grams

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