

## One-Pot Cheesy Taco Pasta: The Ultimate 30-Minute Family Dinner

What makes this recipe a personal favorite is the



**TIME**  
**3-4 min**

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### INGREDIENTS

12 oz Bow Tie Pasta: Also known as Farfalle; its shape is perfect for "holding" the meat sauce.  
1 lb Ground Beef: I recommend an 80/20 or 90/10 lean ratio.  
1 packet Taco Seasoning: Use your favorite brand or a homemade blend.  
1 cup Beef Broth: This adds much more depth than just using water.  
1 can Diced Tomatoes (14.5 oz): Do not drain them! The juice is essential for the sauce.  
1 cup Shredded Cheddar Cheese: Freshly grated melts the best.  
1/2 cup Sour Cream: Provides that signature creamy texture.  
1 small Onion: Finely diced for aromatics.  
1 tbsp Olive Oil: For sautéing.  
Salt and Pepper: To taste.  
Garnish: Fresh cilantro or chopped green onions.

### DIRECTIONS

- 1. Cook the : Pasta:** Bring a large pot of salted water to a rolling boil. Cook the pasta according to the package instructions until it is just al dente. Drain it and set it aside while you work on the sauce.
- 2. Sauté the Onion:** Heat your olive oil in a large skillet over medium heat. Add the diced onion and cook for 3-4 minutes. You want them softened and translucent, not browned.
- 3. Brown the : Beef:** Add the ground beef to the skillet. Break it up with a wooden spoon and cook until no pink remains. Drain off any excess grease to keep the sauce from becoming too oily.
- 4. Simmer the : Sauce:** Stir in the taco seasoning, beef broth, and the diced tomatoes (with their juices). Let this simmer for about 5-7 minutes. This allows the liquid to reduce slightly and the flavors to concentrate.
- 5. Combine:** Add your cooked pasta directly into the skillet with the beef mixture. Toss everything together until the pasta is well-coated.
- 6. The : Cheesy Finish:** Turn the heat down to low. Stir in the shredded cheddar cheese and the sour cream. Keep stirring until the cheese is fully melted and the sauce looks rich and creamy.
- 7. Garnish and : Serve:** Taste the pasta and add salt or pepper if needed. Top with fresh cilantro or green onions and serve immediately.

### SWAPS & NOTES

Protein: You can easily swap the ground beef for ground turkey or chicken if you want a leaner profile, similar to the flavors in my Mexican Chicken and Rice Casserole.

Pasta Shapes: While bow ties are classic, rotini or penne work beautifully as well.

Veggie Boost: Feel free to stir in a cup of frozen corn or black beans when you add the tomatoes for extra fiber and texture.

Step-by-Step Instructions Cook the Pasta: Bring a large pot of salted water to a rolling boil.

## TIPS FOR SUCCESS

**Don't Overcook the Pasta:** Since the pasta will sit in the hot sauce for a few minutes at the end, cooking it slightly under in the water ensures it won't turn mushy.

**Grate Your Own Cheese:** Pre-shredded cheese is coated in potato starch to prevent clumping, which can make your sauce grainy.

**Grating a block of cheddar makes for a much smoother melt.**

**Control the Heat:** If you like it spicy, add a small can of diced green chiles or a splash of hot sauce during the simmering step.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/one-pot-cheesy-taco-pasta-the-ultimate-30-minute-family-dinner/>