



39Beefy39 Cheesy Pasta

Jacob · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

Similar to Hamburger Helperreg Great for picky eaters Try different cheeses to suit your tastes

Ingredients

- - 1 pound lean ground turkey - ½ onion
- diced - ½ cup soy sauce - 1 ½ cloves garlic
- minced - 1 (1.25 ounce) package taco seasoning mix - 5 cups whole wheat rotini pasta - ½ cup milk - 2 tablespoons butter - 2 cups shredded Cheddar-Monterey Jack cheese blend

Instructions

1. Heat a large skillet over medium-high heat. Cook and stir ground turkey
2. onion
3. soy sauce
4. and garlic in the hot skillet until turkey is completely browned
5. 5 to 7 minutes. Stir taco seasoning mix into the turkey mixture. Bring a large pot of lightly salted water to a boil. Cook the rotini at a boil until tender yet firm to the bite
6. about 8 minutes. Drain rotini and return to the pot; place over low heat. Stir milk and butter with the rotini; cook until the butter melts completely
7. 2 to 3 minutes; add turkey mixture and stir. Sprinkle cheese over the rotini-and-turkey mixture; cook and stir until the cheese melts
8. about 5 minutes.