



TACO PASTA BAKE

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 800/SERVING



This hearty pasta will leave you feeling full and satisfied! It's loaded with veggie ground, onions, tomatoes and a mix of spices for a delicious taco taste, and topped with vegan sour cream.

WHAT YOU'LL NEED

- Large oven-safe skillet OR large pan and oven-safe casserole dish
- Oil



WHAT'S INSIDE

	2 servings	4 servings
Onion	1	2
Tomatoes	2	4
Garlic	3 cloves	6 cloves
Lettuce	1 head	1 head
Veggie ground	250 g	500 g
Broth powder	2 tbsp	4 tbsp
Spice mix	1/4 cup	1/2 cup
Short pasta	200 g	400 g
Vegan sour cream	1/4 cup	1/2 cup

Nutrition Facts		Valeur nutritive	
Per Serving (524 g)			
pour 1 (524 g)			
Calories 800		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 16 g			21 %
Saturated / saturés 2.0 g			10 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 127 g			89 %
Fibre / Fibres 25 g			13 %
Sugars / Sucres 13 g			
Protein / Protéines 49 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 1300 mg			57 %
Potassium 1400 mg			30 %
Calcium 300 mg			23 %
Iron / Fer 9.5 mg			53 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat the oven to 400°F. Prep ingredients: finely dice **tomatoes** and **onion**, mince **garlic**, finely chop **lettuce**, and mix **broth powder** with 2 cups of **warm water** (4 cups for 4 servings).



Add a splash of **oil** to the oven-safe skillet or large pan. Add **onions**, **veggie ground**, and **garlic** and cook for 5 minutes, stirring often. Stir in **spice mix** and **half of the diced tomatoes** and cook until fragrant.



If your skillet is not oven safe, transfer the mixture to an oven-safe casserole dish.

Pour **broth** and **noodles** into the skillet or casserole dish. The broth should be almost level with the **noodles**; add additional water if necessary.



Bake for 20-25 minutes until the pasta has soaked up the sauce and is tender. Remove from oven then top with **vegan sour cream**, **shredded lettuce**, and **remaining diced tomatoes**.