

How to make shredded chicken taco pasta casserole

INGREDIENTS

1 tablespoon vegetable oil
Salt and pepper to taste
2 pounds boneless, skinless chicken thighs
 $\frac{1}{2}$ onion, small diced
1 tablespoon minced garlic
2 1-ounce packets taco seasoning
 $1\frac{1}{2}$ cups taco sauce
 $\frac{1}{2}$ cup water
1 8-ounce pack Mexican cheese blend
1 pound penne pasta, cooked according to package
To serve (optional):
Chopped fresh cilantro
Sour cream
Sliced jalapenos

DIRECTION

Preheat oven to 375 degrees Fahrenheit.

In a hot pan, add oil. Season chicken with salt and pepper, then gently place in the pan.

Cook chicken for 2 to 4 minutes on each side. Add onions and garlic and cook for 1 to 2 minutes. Add taco seasoning and cook for another 2 to 3 minutes, until onions are nice and tender.