

# Taco Spaghetti To Die For

Maybe you're obsessed with the top secret ones you've bribed restaurant owners for, or the old, stained, hand-written family recipes uncovered in dusty attics or the complicated additions to your bulging recipe box of show-stopping sweets (for that bakery you're determined to open someday).

Me, I love them all, but I'm particularly fond of ones that make me a weeknight warrior, the recipes that miraculously create a spectacular meal in one – count 'em ONE – pot, and in under 30 minutes.

This Mexican Spaghetti recipe, also called fideo, is one that gets pulled out of the recipe box pretty frequently at my house (though I really don't need the recipe anymore at this point, LOL), and you'll definitely want to add it to your one-pot repertoire!

## WHAT IS MEXICAN FIDEO?

Fideo means “noodle” in Spanish, and authentic Mexican spaghetti is cooked using the pilaf method, similar to Mexican rice, where the noodles are toasted, sautéed a bit with aromatics, then cooked in a mixture of tomatoes, water or broth, and Mexican spices.

There's also a version that's a tomato-free Mexican spaghetti with sour cream and ham – espagueti a la crema con jamón.

My version adds green chilies, corn, hearty ground beef, all with a generous sprinkling of cheese melting on top.

## Nutrition Facts :

Serving Size

Servings Per Container 4

Amount Per Serving

Calories 582.3Calories from Fat 235.8

% Daily Value\*

Total Fat 26.2g40%  
Saturated Fat 11.1g56%  
Trans Fat 0g  
Cholesterol 83.2mg28%  
Sodium 1282.2mg53%  
Total Carbohydrate 51.8g17%  
Dietary Fiber 4.5g18%  
Sugars 6.2g  
Protein 33.1g66%

To Make this Recipe You'll Need the following ingredients:

**PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE RECIPE AND INGREDIENTS AND DON'T FORGET TO SHARE THIS POST WITH YOUR FRIENDS AND FAMILY ON FACEBOOK.**

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## Ingredients:

1 tablespoon olive oil  
1 pound ground beef  
1 (1.25-ounce) package taco seasoning  
1 (10-ounce can) Ro\*Tel® Mild Diced Tomatoes & Green Chilies  
1 tablespoon tomato paste  
8 ounces spaghetti  
1/2 cup shredded cheddar cheese  
1/2 cup shredded mozzarella cheese  
1 Roma tomato, diced  
2 tablespoons chopped fresh cilantro leaves.

## Directions:

Heat olive oil in a large stockpot or Dutch oven over medium

high heat. Add ground beef and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; stir in taco seasoning. Drain excess fat.

Stir in Ro\*Tel®, tomato paste, spaghetti and 3 cups water. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 13-16 minutes.

Remove from heat and top with cheeses. Cover until melted, about 2 minutes.

Serve immediately, garnished with tomato and cilantro, if desired.

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