



One-Pot Southwest Beef and Cavatappi

with Monterey Jack and Baby Spinach

Family Friendly

25-35 Minutes



Ground Beef



Cavatappi



Sweet Bell Pepper



Yellow Onion



Baby Spinach



Garlic, cloves



Marinara Sauce



Tex-Mex Paste



Monterey Jack
Cheese, shredded



Beef Broth
Concentrate

HELLO SWEET BELL PEPPER

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Cavatappi	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Yellow Onion	56 g	113 g
Baby Spinach	28 g	56 g
Garlic, cloves	1	2
Marinara Sauce	½ cup	1 cup
Tex-Mex Paste	1 tbsp	2 tbsp
Monterey Jack Cheese, shredded	½ cup	1 cup
Beef Broth Concentrate	1	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.



Cook cavatappi

- Add **Tex-Mex paste, garlic, marinara sauce, broth concentrate, 2 ¾ cups water** (5 cups for 4 ppl) and **½ tsp salt** (dbl for 4 ppl) to the pot with **beef and onions**. Stir to combine, then bring to boil over high.
- Once boiling, stir in **cavatappi** and reduce heat to medium. Simmer uncovered, stirring often to prevent sticking, until **cavatappi** is tender, 12-16 min. (**TIP:** If pasta is sticking too much, add more water, ¼ cup at a time. Scrape up any pieces that are stuck to the bottom of the pot.)



Cook peppers

- Heat a large pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt and pepper**.
- Transfer **peppers** to a plate. Set aside.



Finish cavatappi

- Add **peppers** and **spinach** to the pot with **cavatappi**. Cook, stirring often, until **spinach** wilts, 1-2 min.
- Season with **pepper**, to taste.



Cook beef and onions

- Reheat the same pot over medium-high.
- When hot, add **beef** and **onions** to the dry pot. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **
- Carefully drain and discard excess fat, if desired.



Finish and serve

- Divide **Southwest beef and cavatappi** between bowls.
- Sprinkle **cheese** over top.

Dinner Solved!