

Taco Spaghetti Recipe



4.78 from 158 votes

Taco spaghetti is a delicious Mexican casserole that brings together two of our all-time favorite dishes, tacos and spaghetti with meat sauce all made in one pan and ready in under 30 minutes!

Prep Time	Cook Time	Total Time
5 mins	25 mins	30 mins

Course: Dinner Cuisine: American, Mexican, Tex-Mex

Keyword: 30-Minutes or less, Ground Beef, one-pan recipe, pasta, Taco Servings: 6

Calories: 391kcal Author: [Jennifer Fishkind](#)

Ingredients

- 2 tablespoons olive oil
- 1 pound ground beef
- ¼ cup yellow onions
- ¼ cup taco seasoning or 1 packet
- 10 oz. can Rotel tomatoes do NOT drain
- 8 oz. spaghetti noodles uncooked
- 3 cups water
- 4 oz. cheddar cheese shredded
- ½ cup chopped cilantro

Instructions

1. Heat olive oil in a 12 inch skillet over medium heat. Brown ground beef and onion in skillet until meat is no longer pink and onions are soft and translucent.
2. Add taco seasoning, Rotel tomatoes (including juice), spaghetti noodles, and water.
3. Bring to a boil over high heat. Once water comes to a boil, reduce heat to low, cover and simmer for 15 minutes.
4. Remove from heat. Sprinkle half of the cheese into the pan and stir to distribute the cooked spaghetti and cheese throughout the pan.
5. Top with remaining cheese and cilantro.

Notes

Store in an airtight container in the refrigerator for 3-4 days.

Nutrition

Calories: 391kcal | Carbohydrates: 37g | Protein: 26g | Fat: 15g | Saturated Fat: 6g | Cholesterol: 67mg | Sodium: 976mg | Potassium: 470mg | Fiber: 4g | Sugar: 4g | Vitamin A: 1259IU | Vitamin C: 10mg | Calcium: 169mg | Iron: 4mg

