**Taco Pasta**

Drizzle oil

1chunk ground turkey or beef

¼ onion

1 piece bell pepper

25 mL tomato sauce

5 mL flour

10 mL chili powder

2 mL cumin

2 mL paprika

2 mL oregano

175 mL water

75 mL milk

250 mL canned, diced tomatoes

250 mL pasta

80 mL beans

1 block cheese

1. In a fry pan with a cover, heat olive oil over medium-high heat. Add ground meat, onion, and peppers and cook until meat is browned and cooked through and onions are translucent, breaking up meat as it cooks.
2. Add tomato sauce, flour, chili powder, cumin, paprika, oregano, salt and pepper. Keep stirring until tomato sauce coats all the meat. Make sure to keep stirring.
3. Add water, milk, and tomatoes and bring to nearly a boil.
4. Add pasta, stir, reduce heat to medium, and cook with cover on for 10-12 minutes or until al dente, stirring occasionally to make sure pasta gets cooked evenly.
5. Reduce heat to low and add black beans and cheddar cheese. Stir until cheese is melted.