



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Creamy Taco Mac (adapted from Delish via Annie's Eats and from Cook's Illustrated's Skillet Lasagna recipe)

6 servings

1 tablespoon olive oil
1 medium onion, chopped small
1 red pepper, chopped small
Table salt
3 medium cloves garlic, minced or pressed through a garlic press (about 1 tablespoon)
1 tablespoon ground chili powder
1 teaspoon ground cumin
¼ teaspoon ground cayenne
16 ounces dry pasta
1 (28-ounce) can diced tomatoes
2½ cups water
1 (30-ounce) can black beans, drained
1 (7-ounce) container Greek yogurt
2 tablespoons cilantro
1 avocado, diced (optional)

1. Heat the oil in a large nonstick skillet over medium heat until shimmering. Add the onion, pepper, and ½ teaspoon salt and cook until the onion begins to brown, about 5 minutes. Stir in the garlic and spices and cook until fragrant, about 30 seconds.
2. Add the pasta, diced tomatoes with juices, water, and beans. Cover and bring to a simmer. Reduce the heat to medium-low and simmer, stirring occasionally, until the pasta is tender, about 20 minutes.
3. In a small bowl, stir about half of the simmering pasta mixture into the yogurt. Stir this tempered yogurt into the pasta. Cover and simmer over low heat until heated, 2-3 minutes. Sprinkle with cilantro and avocado, if using. Serve.