

One Pot Wonder Southwest Pasta

Ingredients:

- 300 mL whole wheat rotini (or any pasta you like)
 - 150 mL frozen corn kernels
 - 1/3 green or red bell pepper cut into thin strips
 - 1/4 medium red onion, sliced
 - 125 mL canned tomatoes, diced
 - 15 mL taco seasoning
 - 15 mL extra virgin olive oil
 - 300 mL fat-free chicken (or vegetable) broth
 - 125 mL black beans, drained and rinsed
 - 125 mL Mexican cheese blend or Monterey Jack cheese
- Cilantro (to garnish)



Instructions:

1. Add all but the beans and cheese to a large pot. Stir, cover, and bring to a rolling boil.
2. Reduce heat to medium-low and cook, covered, for 12-15 minutes, stirring occasionally. There should be $\frac{1}{4}$ to $\frac{1}{2}$ inch of liquid in the bottom of the pot when it is done.
3. Remove from heat. Stir in the black beans and cheese. Let it rest for 5 minutes to warm the beans, melt the cheese, and absorb the excess liquid.
4. Serve and top with cilantro.