

Crockpot Taco Bake

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Toss together the ingredients for this family-pleasing meal when you have a chance, and set the temperature on the crockpot so dinner will be ready when you are.

Ingredients:

1 package (1.25 oz.) taco seasoning
3/4 cup boiling water
1 can (8 oz.) tomato sauce
1 package (12 oz.) frozen soy crumbles
1 onion, chopped
1 can (15 oz.) black beans, drained and rinsed
1 can (14.5 oz.) diced tomatoes
1 cup frozen corn
1 can (4 oz.) mild chopped green chilies
1 package (8 oz.) macaroni shells, uncooked
1 cup shredded mild cheddar cheese



- Mix the taco seasoning with the boiling water in a crockpot. Stir in the tomato sauce, soy crumbles, chopped onion, beans, tomatoes, corn, and chilies. Gently mix in the uncooked macaroni shells.
- Cover and cook on low for 6-8 hours or on high for 3-4 hours.
- Sprinkle the cheese over the top during the last 30 minutes of cooking.

Nutrition Information

Makes 8 servings. Nutrition information per serving: 250 calories, 10 g protein, 40 g carbohydrate, 5 g fat (3 g saturated), 4 g fiber

The National Soybean Research Laboratory, located at the University of Illinois, promotes soybean research, education and outreach in the areas of production, nutrition and international development. Crockpot Taco Bake is one of many recipes available in our publication "Soy for the Last Minute Chef" available through our website www.nsrll.illinois.edu at the Nutrition tab.

We work hand-in-hand with industry stakeholders including USDA, Illinois Soybean Association, American Soybean Association, United States Soybean Export Council, United Soybean Board, North Central Soybean Research Consortium and the State of Illinois. We also work with many private firms, government agencies and non-government agencies to find ways to incorporate soy and minimize malnutrition, improve economic development of an area and encourage sustainable value chains.