

# Queso Blanco Pasta

*Recipe makes 6 meals*

## Ingredients

1 lb 93/7 Lean Ground Beef  
15 oz Barilla Protein Pasta  
15 oz jar Queso Blanco Dip  
2 Green Bell Peppers, diced  
1/2 medium Onion, diced  
1/2 C Light Sour Cream  
1/2 C FF Fairlife Milk  
1/2 C Grated Parmesan  
2 Tbsp Lime Juice  
1 Tbsp Minced Garlic  
1 Tbsp Garlic Powder  
1 Tbsp Adobo  
Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

Calories - 500

Fat - 16g

Carbohydrates - 56g

Protein - 32g

Estimated Cost  
Per Meal

**\$2.41**

  @zachcoen

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# Instructions

1. Start by heating a large skillet over medium-high heat and add in your ground beef. Break it up a little then add in your diced bell peppers, diced onions, and your minced garlic.
2. Once your beef is cooked all the way through, pour in your jar of queso blanco. Add 1/2 cup of milk into the empty jar, place the lid back on and shake it up. Then pour this into the skillet. This helps to get all of that yummy queso into your dish!
3. Add in 1/2 cup sour cream, 1/2 cup grated parmesan cheese, 2 Tbsp lime juice, 1 Tbsp garlic powder, and 1 Tbsp adobo. Mix everything together really well, and reduce the heat to a low simmer while you cook your pasta.
4. Bring a large pot of water to a boil and cook your pasta according to the instructions on the package. When done, strain, and return the pasta back to the pot.
5. Pour your beef and cheese mixture into the pot with your strained pasta, mix well, give it a taste, and add salt and pepper to preference.
6. Portion out into your meal containers and enjoy!



## Notes

- There's not a whole lot of veggies in this meal. As always, in meals like this, adding a side of your favorite steamed or roasted veggie is recommended.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.