

Helergon Kitchen

Cheesy Ground Beef & Rice Casserole

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 cup long-grain white rice
- [ ] 1 ½ cups low-sodium beef broth
- [ ] 1 cup tomato sauce
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1 tsp dried oregano
- [ ] ½ tsp smoked paprika
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] ½ cup frozen peas
- [ ] ½ cup diced carrots
- [ ] ¼ cup sliced black olives

Instructions

1. Preheat the oven to 375°F (190°C). In a large skillet, brown the ground beef over medium heat, breaking it into crumbles, until no longer pink.
2. Add the diced onion and garlic to the beef; sauté until the onion becomes translucent and fragrant, about 3-4 minutes.
3. Stir in the tomato sauce, oregano, smoked paprika, salt, and pepper; let the mixture simmer for 2 minutes.
4. Add the rice and beef broth; bring to a gentle boil, then reduce heat and let it simmer for 5 minutes, just until the rice shows a hint of softness.
5. Transfer the skillet contents to a greased 9-inch baking dish, sprinkle any optional add-ins evenly, then cover with foil.
6. Bake covered for 20 minutes, then remove foil, top with shredded cheddar, and bake uncovered for another 10-12 minutes until the cheese is bubbly and golden.
7. Allow the casserole to rest 5 minutes before serving. Enjoy the comforting aroma that fills the kitchen.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red pepper flakes with the paprika.
- For extra richness, stir in a tablespoon of butter into the sauce before baking.
- Feel free to swap ground beef for ground turkey for a lighter version.