

Treasure Barrel

Cheesy Ground Beef and 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 rice
- [ ] 2 cups chicken broth
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1 cup tomato sauce
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper

Optional Toppings

- [ ] 2 tbsp grated Parmesan
- [ ] Fresh chopped parsley for garnish

Instructions

1. Heat olive oil in a large skillet over medium heat, add diced onion and sauté until translucent, then stir in garlic for about 30 seconds.
2. Add ground beef, season with salt and pepper, and brown it thoroughly, breaking it up with a spoon; drain excess fat if needed.
3. Stir in tomato sauce and broth, then add the rice; bring to a gentle simmer, cover, and let it cook for 15 minutes until the rice is tender.
4. Transfer the mixture to a greased baking dish, sprinkle shredded cheddar evenly, and bake uncovered at 375°F for 15-20 minutes until the cheese is bubbly and golden.
5. Remove from oven, let rest five minutes, then garnish with Parmesan and parsley before serving.

Nutrition per serving

420 kcal	26 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the casserole looks dry before the cheese melts, add a splash more broth.
- For extra depth, stir in a pinch of smoked paprika with the beef.
- Use a glass baking dish for even browning of the cheese.