

Dirty Rice with Ground Beef - A Bold and Hearty Cajun Classic

Dirty Rice with Ground Beef: A One-Pan Wonder Full of Southern Flavor



TIME
5 min

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INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 small onion, finely diced
- 1 bell pepper (green or red), diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 cup long-grain white rice, rinsed
- 2... cups beef or chicken broth
- 1 teaspoon paprika
- ‰ teaspoon dried oregano
- ‰ teaspoon dried thyme
- ... teaspoon cayenne pepper (optional)
- ‰ teaspoon salt (adjust to taste)
- ‰ teaspoon black pepper
- 2 green onions, sliced, for garnish
- Fresh parsley, chopped, for garnish

DIRECTIONS

- 1.** Cook the : Beef:Heat olive oil in a large skillet or Dutch oven over medium heat. Add ground beef and cook, breaking it apart, until browned. Drain excess fat if needed.
- 2.** SautØ the Veggies:Add onion, bell pepper, and celery. Cook for about 5 minutes, stirring occasionally, until softened.
- 3.** Add : Garlic:Stir in minced garlic and cook for 30 seconds, just until fragrant.
- 4.** Add : Rice and Spices:Add the rinsed rice to the skillet and stir to coat it with the meat and veggies. Pour in the broth and season with paprika, oregano, thyme, cayenne (if using), salt, and pepper.
- 5.** Simmer:Bring the mixture to a boil. Reduce heat to low, cover, and simmer for 18-20 minutes or until the rice is tender and the liquid is fully absorbed.
- 6.** Fluff and : Garnish:Fluff the rice with a fork. Top with green onions and chopped parsley before serving.

SWAPS & NOTES

& Swaps Ground Meat Options: Substitute ground turkey, sausage, or pork if you like.

Spice Level: Add more cayenne or a few dashes of hot sauce for extra heat.

Broth Choice: Chicken broth gives a lighter flavor; beef broth is richer.

Rice Tip: Rinse your rice until water runs clear to prevent gumminess.

TIPS FOR SUCCESS

Use Long-Grain Rice: It holds up best and doesn't get mushy.

Keep It Covered: Don't lift the lid while simmering-trapped steam is key.

Let It Sit: After cooking, let the rice rest (covered) for 5 minutes before fluffing.

Double Up: This recipe scales easily for leftovers or meal prep.

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