

Onion Beef Fried Rice: The Ultimate One-Pan Comfort Meal

Looking for a fast, filling, and flavor-loaded meal that uses pantry staples? This



TIME
30 min

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INGREDIENTS

- 3 cups cooked rice (day-old and cold preferred)
- 1 lb ground beef
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cup mixed vegetables (like peas, carrots, corn)
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- Salt and pepper, to taste
- Vegetable oil, for frying

DIRECTIONS

1. ? 1. Prep the Rice: Use cold, day-old rice for best texture. Fresh rice can be used in a pinch-just spread it out on a tray to cool before frying.
2. ? 2. Cook the Beef: Heat a tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the ground beef and cook until browned, breaking it apart with a spoon. Drain excess fat if needed.
3. ? 3. Add Aromatics: Stir in the chopped onion and minced garlic. SautØ for 2-3 minutes, or until the onion softens and garlic is fragrant.
4. ? 4. Add Vegetables: Add your mixed vegetables and cook for another 3-4 minutes until tender-crisp.
5. ? 5. Stir in the Rice: Add the cold rice and toss with the beef and vegetables, using a spatula to break up any clumps. Let it cook undisturbed for a minute or two to develop some toasty bits.
6. ? 6. Season Everything: Drizzle in the soy sauce, oyster sauce, and sesame oil. Stir well to combine and evenly coat the rice. Taste and adjust with salt and pepper.
7. ? 7. Garnish and Serve: Top with green onions or fresh cilantro, and serve hot straight from the skillet.

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