

Easy Dirty Rice with Ground Beef - One-Pot Weeknight Winner

Dirty Rice with Beef: A Flavor-Packed One-Pot Meal



TIME
5 min

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INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 small onion, finely diced
- 1 green or red bell pepper, diced
- 1 cup long-grain white rice
- 1 (14.5 oz) can diced tomatoes, undrained
- 1 (10.75 oz) can condensed chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon Cajun seasoning (optional)
- Optional: chopped green onion and fresh parsley for garnish

DIRECTIONS

- 1. Brown the Beef:** Heat olive oil in a large pot or Dutch oven over medium heat. Add ground beef and cook until browned, breaking it up with a spoon. Drain excess grease.
- 2. Sauté Veggies:** Add diced onion and bell pepper. Cook for about 5 minutes until softened.
- 3. Add Everything Else:** Stir in rice, undrained tomatoes, chicken broth, salt, pepper, and Cajun seasoning.
- 4. Simmer:** Bring to a boil, reduce heat to low, cover, and simmer for 30 minutes or until rice is tender and liquid is absorbed.
- 5. Garnish & Serve:** Stir in fresh parsley or green onions if desired. Serve hot.

SWAPS & NOTES

Substitute ground turkey or chicken for a leaner twist.
Add hot sauce or cayenne for extra spice.

Use brown rice, but extend cooking time and add more broth.
Step-by-Step Instructions Brown the Beef: Heat olive oil in a large pot or Dutch oven over medium heat.

TIPS FOR SUCCESS

Don't lift the lid while the rice is cooking-trap that steam!
Let the dish sit for 5 minutes after cooking to let flavors meld.
A squeeze of lemon or lime brightens the dish just before serving.

