

Cheesy Ground Beef & Rice Casserole: Ultimate Comfort Food

Cheesy Ground Beef Rice Casserole



OVEN
250°F

TIME
3-5 min

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INGREDIENTS

- 1 C. Cooked rice
- 1 lb. Ground beef
- 1 C. Chicken broth
- 2 Onion chopped
- 1 C. Sour cream
- 2 tsp. Garlic powder
- 2 C. Shredded cheddar cheese
- 8 oz. Can tomato sauce
- 1 C. Frozen peas
- Salt, pepper, and oregano to taste

Swaps and Notes:

Cooked Rice: Any cooked white or brown rice will work. If you have leftover rice, this is a perfect way to use it up!

Ground Beef: Feel free to substitute with ground turkey or a plant-based alternative for a lighter version. Adjust seasoning accordingly.

Onion: Yellow or white onion works best here. For a milder onion flavor, try shallots.

Shredded Cheese: While cheddar is classic, a blend of cheddar and Monterey Jack, or even a Mexican blend, would also be delicious.

Frozen Peas: You can swap peas for other frozen vegetables like corn, diced carrots, or a mixed vegetable blend.

Tomato Sauce: A can of diced tomatoes (drained) or even a can of fire-roasted tomatoes could add a

different depth of flavor.

Herbs: Fresh oregano or a pinch of dried basil would be great additions if you want to expand the herb profile.

DIRECTIONS

1. Let's get this delicious and easy casserole assembled and into the oven!
2. **Brown : Beef and Onions:** In a large skillet over medium-high heat, add the ground beef and chopped onions. SautØ, breaking up the beef with a spoon, until the beef is thoroughly browned and the onions have softened and become translucent. Once cooked, drain any excess fat from the skillet. This step ensures your casserole isn't greasy.
3. **Season the : Meat:** Stir in the garlic powder, oregano, and salt and pepper to taste into the browned beef and onions. Mix well to combine all the flavors.
4. **Combine : Filling Ingredients:** Stir in the chicken broth, cooked rice, tomato sauce, and frozen peas into the skillet with the beef mixture. Now, add 1 cup of the shredded cheddar cheese directly into the skillet. Stir everything together until well combined. Bring the mixture to a gentle simmer and let it cook for 3-5 minutes, allowing the flavors to meld and the sauce to thicken slightly.
5. **Preheat : Oven & First Bake:** While the mixture simmers, preheat your oven to 250 degrees F (120 degrees C). Lightly grease a baking dish (a 9x13 inch dish or similar size works well). Spread the hot casserole mixture evenly into the prepared baking dish. Bake in the preheated oven for 15 minutes.
6. **Prepare : Topping:** While the casserole is in its first bake, in a medium bowl, mix together the sour cream and the remaining 1 cup of shredded cheddar cheese. This will be your creamy, cheesy topping!
7. **Add : Topping & Final Bake:** After the first 15 minutes, remove the casserole from the oven. Carefully

spread the sour cream and cheese mixture evenly over the top of the casserole. Return the casserole to the oven for another 15 minutes, or until the topping is warm, bubbly, and the cheese is melted and lightly golden.

8. **Serve:** Remove the Cheesy Ground Beef Rice Casserole from the oven. Let it rest for a few minutes before serving to allow it to set slightly. Serve hot and enjoy!

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TIPS FOR SUCCESS

Cooked Rice is Key: Ensure your rice is already cooked before starting.

This saves a lot of time and ensures the right texture in the final casserole.

Don't Skimp on Draining: Draining the fat from the ground beef is important for a lighter, less greasy casserole.

Low Oven Temp: The initial 250°F (120°C) oven temperature is quite low, perfect for gently warming and melding flavors without drying out the casserole.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cheesy-ground-beef-rice-casserole-ultimate-comfort-food/>