

## Skip the Tortilla - These Burrito Bowls Are Packed with Bold, Zesty Flavor

I've tested plenty of burrito-style bowls, and this version stands out for a few key reasons:



**TIME**  
**10 min**

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### INGREDIENTS

For the Beef:

- 1 lb ground beef
- 1 tbsp olive oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 tsp salt
- $\frac{1}{2}$  tsp black pepper
- 1 tsp cumin
- 1 tsp chili powder
- $\frac{1}{2}$  tsp smoked paprika
- $\frac{1}{2}$  tsp oregano
- $\frac{1}{2}$  cup salsa or diced tomatoes
- ... cup beef broth

For the Rice:

- 2 cups cooked white or brown rice
- Juice of 1 lime
- 2 tbsp chopped fresh cilantro
- $\frac{1}{2}$  tsp salt

Toppings (Customize to Your Taste!):

- $\frac{1}{2}$  cup shredded cheddar or Mexican blend cheese
- $\frac{1}{2}$  cup black beans, drained & rinsed
- $\frac{1}{2}$  cup corn
- 1 avocado, diced
- $\frac{1}{2}$  cup chopped tomatoes
- ... cup sour cream or Greek yogurt

... cup salsa or pico de gallo

Sliced jalapeños (optional)

Chopped fresh cilantro for garnish

Step-by-Step Instructions:

1. Cook the Beef:

2. Prepare the Cilantro-Lime Rice:

3. Assemble the Burrito Bowls:

Pro Tips for the Best Burrito Bowls:

Swap the protein. Try ground turkey, shredded chicken, or even sautéed shrimp for a different take.

Use cauliflower rice for a low-carb option. It soaks up the same flavors without the carbs.

## DIRECTIONS

1. **Cook the Beef:** In a large skillet, heat the olive oil over medium-high heat. Add the diced onion and sauté until softened, about 3-4 minutes. Stir in the minced garlic and cook for another 30 seconds until fragrant.
2. **Add the ground beef,** breaking it apart with a spatula as it cooks. Sprinkle in the salt, black pepper, cumin, chili powder, smoked paprika, and oregano. Stir well to evenly distribute the spices. Cook until the beef is browned and no longer pink.
3. **Once the beef is fully cooked,** pour in the salsa (or diced tomatoes) and beef broth. Stir to combine and let the mixture simmer for about 5 minutes, allowing the flavors to meld and the sauce to slightly thicken. Remove from heat and set aside.
4. **Prepare the Cilantro-Lime Rice:** In a large mixing bowl, combine the warm, cooked rice with lime juice, chopped cilantro, and salt. Fluff with a fork to mix everything together. The lime juice adds brightness, while the cilantro gives the rice that signature fresh flavor.
5. **Assemble the Burrito Bowls:** Divide the rice evenly among four bowls as the base. Spoon the seasoned beef over the rice, then start layering your favorite toppings. Black beans, corn, diced avocado, chopped tomatoes, shredded cheese, and sour cream all add incredible flavor and texture.
6. **For a bit of heat,** throw in some sliced jalapeños or an extra drizzle of salsa or hot sauce. Garnish with fresh cilantro and serve with lime wedges for an extra squeeze of citrus.
7. **Pro Tips for the Best Burrito Bowls:** Swap the protein. Try ground turkey, shredded chicken, or even sautéed

shrimp for a different take.

8. Use cauliflower rice for a low-carb option. It soaks up the same flavors without the carbs.
9. Make it spicier. Add a pinch of cayenne pepper to the beef seasoning or use a spicy salsa.
10. Bulk it up with veggies. Sautéed bell peppers, zucchini, or mushrooms add extra nutrition and flavor.
11. Turn it into meal prep. Store the beef, rice, and toppings separately in airtight containers for easy grab-and-go meals.
12. What to Serve with Burrito Bowls: These bowls are a complete meal on their own, but if you're looking to round out the meal, here are some great pairings:
13. Tortilla chips & guacamole. A crunchy side that complements the flavors perfectly.
14. Mexican street corn (Elote). Grilled corn slathered with lime, mayo, and cotija cheese is an excellent addition.
15. A fresh side salad. A simple lettuce, tomato, and avocado salad with a lime vinaigrette pairs beautifully.
16. Chilled agua fresca or margaritas. A refreshing drink to balance the spice and richness of the dish.
17. Frequently Asked Questions: Q: Can I use a different type of rice?A: Absolutely! White rice, brown rice, quinoa, or even cauliflower rice work well in this recipe.
18. Q: How long will leftovers last?A: Store the cooked beef and rice in separate airtight containers in the fridge for up to 4 days. Reheat in the microwave or stovetop with a splash of broth to keep it moist.
19. Q: Can I freeze the beef for later?A: Yes! Cooked ground beef freezes well. Store it in a freezer-safe container for up to 3 months. Thaw overnight in the fridge and reheat before serving.
20. Q: How do I make this vegetarian?A: Swap the beef for seasoned black beans, lentils, or a plant-based meat alternative for a delicious meatless version.
21. Why You'll Love These Burrito Bowls: This recipe is proof that you don't need a tortilla to enjoy all the amazing flavors of a burrito. It's packed with protein, bursting with fresh toppings, and completely customizable for every taste. Whether you're making it for a quick family dinner or prepping meals for the week, these Ground Beef & Rice Burrito Bowls are guaranteed to be a hit.
22. Give them a try and let me know how you made them your own! Happy cooking!

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