

Cheesy Taco Rice Casserole: A One-Pan Family Favorite

, why not combine them into one



OVEN
375°F

TIME
10 min

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INGREDIENTS

For the Casserole:

1 pound lean ground beef (or ground turkey/chicken)

1 yellow onion, diced

3 cloves garlic, minced (or 1 teaspoon garlic powder)

1 ½ tablespoons chili powder

1 tablespoon ground cumin

1 teaspoon smoked paprika

1 teaspoon dried oregano

½ teaspoon salt

¼ teaspoon black pepper

1 ½ cups uncooked long-grain white rice

1 (14.5-ounce) can diced tomatoes, undrained

1 (4-ounce) can chopped green chilies

3 cups beef broth (or chicken broth)

2 cups shredded Colby Jack cheese (or cheddar, Monterey Jack, or Mexican blend)

Optional Toppings:

Shredded lettuce

Sour cream

Avocado or guacamole

Chopped fresh cilantro

Step-by-Step Instructions:

1. Preheat & Prep the Baking Dish:

2. Brown the Beef & Onion:

3. Add the Seasonings:

Chili powder

Cumin

Smoked paprika

Oregano

Salt & black pepper

4. Stir in the Rice, Tomatoes & Broth:

Uncooked long-grain white rice

Diced tomatoes (with juice)

Green chilies

Beef broth

5. Transfer to the Baking Dish & Bake:

DIRECTIONS

1. **Preheat & Prep the Baking Dish:** I preheat the oven to 375°F and lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. **Brown the Beef & Onion:** In a large skillet over medium-high heat, I cook the ground beef and diced onion for about 7-8 minutes, stirring occasionally, until the beef is fully cooked.
3. I drain any excess grease, then add the minced garlic, cooking for another 30 seconds until fragrant.
4. **Add the Seasonings:** To build deep, taco-inspired flavor, I sprinkle in:
 5. Chili powder
 6. Cumin
 7. Smoked paprika
 8. Oregano
 9. Salt & black pepper
10. I stir well and cook for 1 more minute to let the spices bloom.
11. **Stir in the Rice, Tomatoes & Broth:** Next, I mix in the:
 12. Uncooked long-grain white rice
 13. Diced tomatoes (with juice)
 14. Green chilies
 15. Beef broth
16. I stir everything together to combine the flavors evenly.
17. **Transfer to the Baking Dish & Bake:** I carefully pour the mixture into the prepared baking dish, making sure the rice is evenly distributed.

18. I cover tightly with foil and bake for 45-50 minutes, until the rice is tender and has absorbed all the liquid.
19. Add the Cheese & Finish Baking: Once the rice is fully cooked, I remove the foil, fluff the rice with a fork, and sprinkle shredded cheese all over the top.
20. I return the casserole to the oven, uncovered, for 8-10 more minutes, until the cheese is melted and bubbly.
21. Rest & Serve: I let the casserole rest for 5 minutes before serving. This allows the flavors to settle and develop.
22. I love loading it up with taco toppings like:
23. Shredded lettuce
24. A dollop of sour cream
25. Chopped fresh cilantro

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

Original recipe: <https://chefmaniac.com/cheesy-taco-rice-casserole-a-one-pan-family-favorite/>