

Cheesy Ground Beef & Rice Casserole: The Ultimate Comfort Food Bake

Cheesy Ground Beef and Rice Casserole



OVEN
375°F

TIME
8-10 min

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Recipe Card

SAVE
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INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lean ground beef
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1 (10.5 ounce) can cream of mushroom soup (or cream of chicken)
- 1 (10 ounce) can Rotel diced tomatoes with green chilies, undrained (optional, for a kick)
- 1 cup beef broth
- 1 cup uncooked long-grain white rice (not instant)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon dried thyme (optional)
- Salt and black pepper to taste
- 2 cups shredded cheddar cheese (or a cheddar-Monterey Jack blend), divided
- Fresh chopped parsley or green onions for garnish (optional)

Swaps and Notes:

Ground Beef: I recommend using lean ground beef (80/20 or 90/10) to minimize excess grease. You can substitute with ground turkey for a lighter version, adjusting cooking time slightly if needed.

Cream of Mushroom Soup: This provides the creamy base. Cream of chicken or cream of celery soup are also great alternatives. You can use a low-sodium version if preferred.

Rotel: The can of Rotel adds a fantastic mild heat and tomato flavor. If you prefer no spice, use a can of plain diced tomatoes (drained) or omit entirely.

Rice: Long-grain white rice works best here. Do not use instant rice as it will cook too quickly and become mushy. Brown rice would require more liquid and a significantly longer baking time.

Beef Broth: Low-sodium beef broth gives you control over the saltiness. Chicken or vegetable broth can also be used.

Cheese: Cheddar is a classic choice for its sharp flavor and excellent melt. A cheddar-Monterey Jack blend adds extra creaminess. Feel free to use your favorite melting cheese.

Spices: Adjust the onion and garlic powder, and the optional dried thyme, to your liking. A dash of smoked paprika can also add a nice depth.

Adding Veggies: For extra nutrition and color, you can add 1 cup of frozen peas and carrots, or diced bell peppers, sautéed along with the onion.

Instructions:

Preheat Oven & Prep Dish: Preheat your oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish.

Brown Ground Beef & Onion: In a large skillet or Dutch oven, heat the 1 tablespoon of olive oil over medium-high heat. Add the 1 pound lean ground beef and 1 medium chopped yellow onion. Cook, breaking up the beef with a spoon, until the beef is no longer pink and the onion is softened, about 8-10 minutes. Once cooked, carefully drain any excess grease thoroughly.

Combine Ingredients in Skillet: Reduce the heat to medium-low. Stir in the 2 cloves minced garlic and cook for 1 minute until fragrant.

Add the 1 (10.5 ounce) can cream of mushroom soup, 1 (10 ounce) can Rotel (if using), 1 cup beef broth, 1 cup uncooked long-grain white rice, 1 teaspoon onion powder, 1 teaspoon garlic powder, ½ teaspoon dried thyme (if using), and salt and black pepper to taste. Stir everything together until well combined.

Layer with Cheese: Pour the entire ground beef and rice mixture into your prepared 9x13-inch baking dish, spreading it out evenly.

Sprinkle 1 cup of the shredded cheddar cheese evenly over the top of the mixture. This cheese will melt down into the casserole as it cooks, creating pockets of cheesy goodness.

Bake: Cover the baking dish tightly with aluminum foil. This helps to steam the rice and ensure it cooks perfectly.

Bake in the preheated oven for 30-40 minutes, or until the rice is tender and most of the liquid has

been absorbed.

Remove the foil. Sprinkle the remaining 1 cup of shredded cheddar cheese over the top.

Return to the oven, uncovered, and bake for another 10-15 minutes, or until the cheese is melted, bubbly, and golden brown.

Rest & Serve: Remove the casserole from the oven and let it rest for 5-10 minutes before serving.

This allows the liquid to finish absorbing and the casserole to set slightly, making it easier to scoop. Garnish with fresh chopped parsley or green onions if desired.

DIRECTIONS

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12. Enjoy your incredibly comforting : Cheesy Ground Beef and Rice Casserole!
13. Tips for Success: Drain Beef Well: Removing excess grease from the ground beef is important for a non-greasy, flavorful casserole.
14. Use the : Right Rice: Long-grain white rice (like Basmati or Jasmine) works best as it cooks evenly in the casserole. Avoid instant or quick-cooking rice for this recipe.
15. Cover : Tightly: The foil cover during the first part of baking is crucial. It traps steam, ensuring the rice cooks properly and absorbs the liquid, becoming tender and creamy.
16. Don't : Stir After Covering: Once you've covered the casserole, resist the urge to peek or stir. Let the steam do its work!
17. Resting : Period: Allowing the casserole to rest for a few minutes after baking helps the liquids redistribute and the casserole set, making for cleaner scoops.
18. Serving Suggestions and Pairings: This Cheesy Ground Beef and Rice Casserole is a hearty, complete meal on its own. It pairs wonderfully with a simple, crisp side salad to add freshness and contrast to its richness. Steamed green beans or broccoli would also be great additions. For other easy, family-friendly casseroles, you might also like my This Mexican Chicken And Rice Casserole Is My Favorite One-Pan Dinner That's Always A Hit or This Dorito Casserole Is My Favorite Weeknight Dinner Shortcut.
19. Storage and Leftover Tips: Leftover Cheesy Ground Beef and Rice Casserole stores beautifully. Transfer any leftovers to an airtight container and refrigerate for up to 3-4 days. To reheat, you can microwave individual portions until heated through, or cover and bake in the oven at 300°F (150°C) until warm. If the rice seems a bit dry during reheating, you can add a tiny splash of beef broth or water. This casserole is also a great make-ahead option; assemble it completely, cover tightly with foil, and refrigerate for up to 24 hours before baking. You may need to add an extra 10-15 minutes to the baking time if baking from cold.
20. More Recipes You Will Love: If you love hearty, cheesy, and easy-to-make comfort food, here are some other Chefmaniac favorites:
21. For a classic dip that's always a hit at parties, check out This Crockpot Nacho Dip Is The Reason I

Never Have Leftovers.

22. If you're looking for another comforting one-dish meal that cooks up fast, try [This Instant Pot Lasagna Is My Favorite Way To Make Comfort Food Fast](#).
23. And for a versatile crowd-pleaser that comes together fast, you might like [These Sheet Pan Quesadillas Are My Favorite Way To Feed A Crowd Fast](#).
24. Final Thoughts: This Cheesy Ground Beef and Rice Casserole is a prime example of how simple ingredients, combined with a little love, can create an incredibly satisfying and memorable meal. It's the perfect solution for busy nights, hungry families, and anyone craving a generous helping of comfort. Give it a try - it's sure to earn a permanent spot in your recipe collection!
25. What are your go-to ground beef casserole creations? Share your ideas in the comments below, and don't forget to follow [Chefmaniac.com](#) for more delicious recipes!

SWAPS & NOTES

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You can substitute with ground turkey for a lighter version, adjusting cooking time slightly if needed.

Cream of Mushroom Soup: This provides the creamy base.

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More recipes: [ChefManiac.com](#)

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