

## Weeknight Skillet Rice Meal: A Flavorful One-Pan Dinner in 30 Minutes

1 lb ground beef or ground turkey



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

- 1 tbsp olive oil
- 1 lb ground beef or ground turkey
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 cup long-grain white rice, rinsed
- 1 1/2 cups low-sodium chicken or beef broth
- 1 can (15 oz) diced tomatoes, undrained
- 1 cup frozen mixed vegetables (peas, carrots, corn)
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

#### Swaps and Notes:

**Protein:** Ground beef is a classic choice, but ground turkey, chicken, or even sausage would work wonderfully.

**Rice:** Long-grain white rice is ideal for this recipe because it cooks quickly and absorbs flavor well. You can use brown rice, but you'll need to increase the cooking time and liquid.

**Vegetables:** Frozen mixed vegetables make this dish incredibly easy, but you can also use fresh vegetables like diced carrots, celery, or bell peppers.

**Herbs:** You can swap the dried oregano and thyme for fresh herbs, just be sure to use about three times the amount of fresh herbs to dried.

**Spice:** For a little kick, add a pinch of red pepper flakes or a dash of your favorite hot sauce.

**Directions:**

**Brown the Meat:** In a large skillet or Dutch oven, heat the olive oil over medium-high heat. Add the ground beef and chopped onion. Cook, breaking up the meat with a spoon, until the beef is browned and the onion is soft, about 5-7 minutes. Drain any excess fat.

**Sauté the Aromatics:** Add the minced garlic and cook for another minute until fragrant.

**Add the Rice and Liquid:** Stir in the rinsed long-grain rice, beef broth, diced tomatoes (with their juices), frozen mixed vegetables, dried oregano, and dried thyme. Season with salt and pepper to taste.

**Simmer:** Bring the mixture to a boil, then reduce the heat to low. Cover the skillet with a tight-fitting lid and let it simmer for 15-20 minutes, or until the rice is cooked through and has absorbed most of the liquid.

**Rest and Serve:** Remove the skillet from the heat and let it rest, covered, for 5 minutes. This allows the rice to fully steam and become fluffy. Fluff with a fork, garnish with fresh chopped parsley, and serve hot.

**Tips for Success:**

**Rinse the Rice:** Rinsing the rice before adding it to the skillet helps to remove excess starch, which prevents the final dish from becoming too gummy.

**Use a Tight-Fitting Lid:** A tight-fitting lid is crucial for this recipe. It traps the steam and ensures the rice cooks evenly and perfectly.

**Don't Stir While Simmering:** Once you cover the skillet and reduce the heat, resist the urge to stir. Stirring can prevent the rice from cooking properly.

**Adjust Liquid as Needed:** If the rice seems dry after 20 minutes, you can add a little more broth and continue to simmer for a few more minutes. If it's too wet, just let it sit off the heat for an extra 5 minutes to absorb the liquid.

**Serving Suggestions and Pairings:**

**Nutritional Information (Per Serving):**

Calories: Approximately 450

Protein: 30g

Fat: 20g

Carbohydrates: 35g

## DIRECTIONS

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10. **Serving Suggestions and Pairings:** This Weeknight Skillet Rice Meal is a complete meal on its own, but it pairs wonderfully with a simple side. A fresh green salad or a side of crusty bread for dipping would be perfect.
11. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
12. **Calories:** Approximately 450
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14. **Fat:** 20g
15. **Carbohydrates:** 35g
16. This is a hearty, balanced meal that's packed with protein, fiber, and nutrients.
17. **Storage and Leftover Tips:** Leftover skillet rice can be stored in an airtight container in the refrigerator for up to 3 days. The rice will continue to absorb liquid, so you may need to add a splash of water or broth when reheating. You can warm it gently in a skillet on the stove or in the microwave.
18. **More Recipes You Will Love:** If you're a fan of easy and delicious one-pan meals, you'll love some of my other creations. For a comforting and hearty dinner, my recipe for [This Tomato Skillet with Okra and Sausage](#) is [My Favorite Quick Dinner Packed with Southern Flavor](#) is always a hit. For a classic comfort food experience, you can't go wrong with my [Classic Spaghetti Recipe with Homemade Sauce](#). And for a great weeknight dinner shortcut, my [This Dorito Casserole](#) is [My Favorite Weeknight Dinner Shortcut](#) is a lifesaver.
19. **Final Thoughts:** This Weeknight Skillet Rice Meal is a recipe that is sure to become a staple in your home. It's simple, flavorful, and a perfect solution for a busy evening. It's a testament to the fact that a great meal doesn't have to be complicated.
20. I'd love to know what your favorite quick and easy weeknight meals are! Let me know in the comments below. And don't forget to follow me for more delicious recipes. Happy cooking!

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

Original recipe: <https://chefmaniac.com/weeknight-skillet-rice-meal-a-flavorful-one-pan-dinner-in-30-minutes/>