

Easy Beef and Pepper Rice Bowl (Better Than Takeout in 30 Minutes!)

Uses affordable, easy-to-find ingredients



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30 min

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INGREDIENTS

- 2 Tbsp butter
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 jalapeño, diced
- 1 lb ground beef
- 1/4 cup soy sauce (low sodium optional)
- 1 Tbsp garlic powder
- 1 tsp salt
- 2 tsp black pepper
- Cooked rice, for serving (optional but highly recommended)

DIRECTIONS

- Sauté the Vegetables:** In a large skillet over medium heat, melt the butter. Add the diced onion, green bell pepper, red bell pepper, and jalapeño. Cook for 4-5 minutes, stirring occasionally, until softened and fragrant.
- Brown the Beef:** Add the ground beef to the skillet. Break it apart with a spoon as it cooks. Continue cooking until fully browned. Drain excess fat if desired for a leaner dish.
- Add Seasonings:** Stir in the soy sauce, garlic powder, salt, and black pepper. Mix thoroughly and let it cook for an additional 2-3 minutes so the flavors can meld together.
- Serve:** Spoon the beef and pepper mixture over warm cooked rice and serve immediately.
- Servings:** 4

SWAPS & NOTES

Ground Beef: You can swap for ground turkey or ground chicken if you prefer something leaner.
For extra richness, an 80/20 beef blend works beautifully.

Soy Sauce: Low sodium is ideal to control salt levels.
You can also use tamari or coconut aminos.

TIPS FOR SUCCESS

You want them tender but still slightly crisp for texture.
Drain the beef well if using a higher-fat blend.
Soy sauce already adds significant sodium.

Prep your rice ahead of time to make this a true 30-minute meal.

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

Original recipe: <https://chefmaniac.com/easy-beef-and-pepper-rice-bowl-better-than-takeout-in-30-minutes/>