

## One-Pot Dirty Rice with Ground Beef and Tomatoes

ground beef, bell peppers, tomatoes, and Cajun seasoning

TIME  
**40 min**

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### INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 small onion, finely diced
- 1 green or red bell pepper, diced
- 1 cup long-grain white rice
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (10.75 oz) condensed chicken broth
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon Cajun seasoning (optional)
- $\frac{1}{4}$  cup chopped fresh parsley (optional)

### DIRECTIONS

- 1.** Brown the Ground Beef: Heat olive oil in a large pot or Dutch oven over medium heat.
- 2.** Add the ground beef and cook until browned, breaking it apart with a spoon. Drain excess grease if needed.
- 3.** Cook the Vegetables: Add the diced onion and bell pepper.
- 4.** Cook for about 5 minutes, stirring occasionally until the vegetables soften.
- 5.** Add the Rice and Liquids: Stir in:
- 6.** Long-grain rice
- 7.** Diced tomatoes with their juice
- 8.** Chicken broth
- 9.** Salt and black pepper
- 10.** Cajun seasoning (if using)
- 11.** Mix everything together well.
- 12.** Simmer the Rice: Bring the mixture to a boil, then reduce heat to low.
- 13.** Cover and simmer for about 20 minutes, or until the rice is tender and most of the liquid is absorbed.
- 14.** Finish and Serve: Remove from heat and fluff the rice gently with a fork.
- 15.** Stir in chopped parsley for freshness before serving.

### SWAPS & NOTES

**Ground Meat Options** Ground turkey or ground sausage can be used instead of ground beef for a different flavor profile.

**Rice Choices** Long-grain white rice works best because it cooks evenly and stays fluffy.

**Spice Level** Add more Cajun seasoning or a pinch of cayenne pepper if you like extra heat.

**Extra Vegetables** Celery, garlic, or chopped green onions make great additions.

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

Original recipe: <https://chefmaniac.com/one-pot-dirty-rice-with-ground-beef-and-tomatoes/>