

One-Pot Dirty Rice with Ground Beef: A 35-Minute Southern Classic

One-Pot Dirty Rice with Ground Beef and Tomatoes



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35 min

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INGREDIENTS

Ground Beef: 1 pound (80/20 or lean both work well).

Long-Grain White Rice: 1 cup (uncooked).

Diced Tomatoes: 1 can (14.5 oz), undrained.

Chicken Broth: 1 can (10.75 oz) condensed.

Onion: 1 small yellow onion, finely diced.

Bell Pepper: 1 green or red bell pepper, diced.

Olive Oil: 1 tablespoon.

Seasoning: 1/2 teaspoon Cajun seasoning, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.

Fresh Parsley: 1/4 cup, chopped (for a bright finish).

Swaps and Notes:

The Protein: If you want an extra kick of authentic Southern flavor, swap half the beef for bulk pork sausage or Andouille sausage.

The Rice: Stick with long-grain white rice for this recipe. Brown rice requires much more liquid and a longer cook time, which might overcook the beef and vegetables.

Spice Level: If you're a "chili head," feel free to add a diced jalapeño or a dash of hot sauce into the broth before simmering.

Low-Carb Options: While this is a rice-heavy dish, the flavorful beef and tomato base can also be served inside a 3-Ingredient Egg Wrap for a high-protein lunch alternative.

Step-by-Step Instructions:

1. Brown the Beef:
2. SautØ the Aromatics:
3. Toast the Rice (The Secret Step):
4. Add the Liquids and Spices:
5. Simmer to Perfection:
6. Fluff and Garnish:

Tips for Success:

The "Lid Rule": Resist the urge to peek! Every time you lift the lid, steam escapes and the temperature drops, which can lead to unevenly cooked or crunchy rice.

Liquid Ratio: If you use regular chicken broth instead of condensed, you may need to reduce the amount slightly or simmer for an extra 5 minutes to ensure all the liquid is absorbed.

Resting Time: Letting the rice rest for 5 minutes after the heat is off is the difference between "mushy" rice and "premium" fluffy rice. It allows the moisture to redistribute evenly.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 430 kcal

Total Fat: 18g

Saturated Fat: 7g

Carbohydrates: 36g

Protein: 28g

Fiber: 3g

Storage and Leftover Tips:

Fridge: Dirty rice is one of those rare dishes that tastes even better the next day. Store in an airtight container for up to 4 days.

DIRECTIONS

1. **Brown the Beef:** Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the ground beef and cook until it's deeply browned and slightly crispy. Drain off the excess grease, but leave about a tablespoon in the pan-that fat is "liquid gold" for flavor!
2. **SautØ the Aromatics:** Add the diced onion and bell pepper to the beef. SautØ for about 5 minutes. You want the onions to become translucent and the peppers to soften slightly, picking up the browned bits (fond) from the bottom of the pot.
3. **Toast the Rice (The Secret Step):** Stir in the uncooked rice and let it sautØ with the meat and veggies for 1-2 minutes before adding any liquid. This lightly toasts the grains, ensuring they stay separate and fluffy rather than clumping together.
4. **Add the Liquids and Spices:** Pour in the undrained diced tomatoes, chicken broth, Cajun seasoning, salt, and pepper. Give everything a good stir to make sure the rice is evenly submerged.
5. **Simmer to Perfection:** Bring the mixture to a boil, then immediately reduce the heat to LOW. Cover with a tight-fitting lid and simmer for 20 minutes. Do not lift the lid! The steam is what does the work here.
6. **Fluff and Garnish:** Remove from the heat and let the pot sit, covered, for another 5 minutes. Remove the lid, fluff gently with a fork, and stir in the fresh parsley.
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10. **Serving Suggestions and Pairings:** This Dirty Rice is a powerhouse meal on its own, but it's also a fantastic side dish for a larger Southern-style feast. I love serving it alongside Hibachi-Style Steak and Shrimp for a fun fusion twist.
11. **If you're feeding a crowd,** this dish is the perfect "filler" for Sheet Pan Quesadillas. For a beverage, a cold Sweet Tea or a crisp Pale Ale provides the perfect counterpoint to the Cajun spices.
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19. **Reheating:** To prevent the rice from drying out, add a tablespoon of water or broth before reheating in the microwave or on the stovetop.
20. **Freezing:** This dish freezes beautifully! Store in freezer-safe bags for up to 3 months. It's the ultimate "emergency dinner" for busy weeks.
21. **More Recipes You Will Love:** If you're a fan of easy, one-pan flavor, you'll love these other hits from chefmaniac.com:
22. **Mexican :** Chicken and Rice Casserole - A cheesy, zesty family favorite.
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25. **Sheet :** Pan Quesadillas - The fastest way to feed a group.

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