

Dirty Rice w/ Beef Recipe for an Easy Southern-Inspired Dinner

1 green or red bell pepper, diced



TIME
5 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 ounces) diced tomatoes, undrained
- 1 can (10.75 ounces) condensed chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon Cajun seasoning, optional
- Green onion, optional
- 1/4 cup chopped fresh parsley, optional

DIRECTIONS

- 1.** Brown the beef: Heat the olive oil in a large pot or Dutch oven over medium heat. Add the ground beef and cook until browned, breaking it up with a spoon as it cooks.
- 2.** Drain off any excess grease if needed.
- 3.** Cook the vegetables: Add the diced onion and bell pepper to the pot. Cook for about 5 minutes, or until the vegetables are softened.
- 4.** Add the rice and liquids: Stir in the rice, undrained diced tomatoes, condensed chicken broth, salt, black pepper, and Cajun seasoning if using.
- 5.** Simmer: Bring the mixture to a boil, then reduce the heat to low.
- 6.** Cover the pot and let it simmer for about 30 minutes, or until the rice is tender and the liquid has been absorbed.
- 7.** Finish and serve: Stir in the chopped parsley if using. Top with green onion if desired, then serve hot.

SWAPS & NOTES

Ground beef gives this dish its rich, hearty base, but ground turkey or sausage can be used if you want to change the flavor profile a bit.

Green bell pepper gives the dish a more traditional savory note, while red bell pepper adds a slightly sweeter flavor.

Condensed chicken broth brings a concentrated savory flavor, which helps season the rice as it cooks.

Because of that, it is a good idea to taste before adding any extra salt at the end.

TIPS FOR SUCCESS

Make sure to cook the onion and pepper until softened before adding the rice.

This helps build better flavor into the finished dish.

Keep the pot covered while the rice simmers so it cooks evenly and absorbs the liquid properly.

Avoid stirring the rice too much while it cooks.

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Original recipe: <https://chefmaniac.com/dirty-rice-w-beef-recipe-for-an-easy-southern-inspired-dinner/>