

## Taco Rice Casserole Recipe for an Easy One-Pan Family Dinner

1 pound lean ground beef, or ground chicken or turkey



**OVEN**  
**375°F**

**TIME**  
**7 to 8 min**

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**SAVE**  
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### INGREDIENTS

1 pound lean ground beef, or ground chicken or turkey  
1 yellow onion, diced  
3 cloves garlic, minced, or 1 teaspoon garlic powder  
1 1/2 tablespoons chili powder  
1 tablespoon ground cumin  
1 teaspoon smoked paprika  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 1/4 cups uncooked long-grain white rice  
14.5 ounces canned diced tomatoes, undrained  
4 ounces chopped green chilies  
3 cups beef broth, or chicken broth  
2 cups shredded Colby Jack cheese, or cheddar, Monterey Jack, or Mexican blend  
Optional toppings:  
Shredded lettuce  
Sour cream  
Avocado or guacamole  
Chopped fresh cilantro

### DIRECTIONS

1. Preheat the oven: Preheat your oven to 375°F.
2. Spray a 9x13-inch baking dish with cooking spray.
3. Cook the beef and onion: In a large skillet over medium-high heat, cook the ground beef and diced onion for about 7 to 8 minutes, stirring occasionally, until the beef is fully cooked.
4. Drain any excess grease.
5. Add the garlic and spices: Add the minced garlic and cook for about 30 seconds, stirring constantly.
6. Sprinkle in the chili powder, cumin, smoked paprika, oregano, salt, and black pepper.
7. Cook for 1 minute, until fragrant.
8. Add the rice and liquids: Stir in the uncooked rice, diced tomatoes, green chilies, and beef broth until everything is evenly combined.
9. Transfer and bake: Carefully pour the mixture into the prepared baking dish.
10. Cover tightly with foil and bake for 45 to 50 minutes, or until the rice is tender.
11. Add the cheese: Remove the foil and fluff the rice lightly.
12. Sprinkle the shredded cheese over the top and bake uncovered for another 8 to 10 minutes, until the cheese is melted.
13. Rest and serve: Let the casserole stand for about 5 minutes before serving.
14. Add any desired toppings and serve warm.

## SWAPS & NOTES

Lean ground beef gives the casserole a classic taco flavor, but ground chicken or turkey also work well if you want a slightly lighter option.

Using uncooked rice is part of what makes this casserole so practical.

It cooks right in the dish and absorbs all the flavor from the broth, spices, and tomatoes.

Colby Jack melts beautifully and gives a mild creamy finish, but cheddar, Monterey Jack, or a Mexican blend will all work depending on what you have in the fridge.

## TIPS FOR SUCCESS

Cover the dish tightly with foil so the rice cooks evenly and does not dry out in the oven.

Use long-grain white rice as written for the most reliable texture.

Other rice types may need different amounts of liquid or baking time.

If your oven runs hot, start checking the casserole at the earlier end of the bake time to make sure the rice does not overcook.

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

Original recipe: <https://chefmaniac.com/taco-rice-casserole-recipe-for-an-easy-one-pan-family-dinner/>