

Ground Beef Casserole: The Easy Family Dinner Everyone Will Want Again

1 to 1 1/2 pounds ground beef



OVEN
375°F

TIME
20 to 30 min

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INGREDIENTS

- 1 to 1 1/2 pounds ground beef
- 1 small onion, diced
- 2 to 3 cloves garlic, minced
- 2 cups cooked pasta, rice, or sliced potatoes
- 1 can cream soup or 1 1/2 cups tomato sauce
- 1/2 to 1 cup sour cream or cream cheese, optional for creaminess
- 1 1/2 to 2 cups shredded cheddar or mozzarella cheese
- 1 teaspoon Italian seasoning or seasoning blend of choice
- Salt and black pepper, to taste
- Optional vegetables like corn, peas, bell peppers, or mushrooms

DIRECTIONS

- 1.** Preheat the oven: Preheat your oven to 375°F and lightly grease a casserole dish.
- 2.** Brown the beef: In a large skillet over medium heat, cook the ground beef with the diced onion until the meat is browned and the onion is softened. Drain any excess grease if needed.
- 3.** Add garlic and seasoning: Stir in the garlic, salt, pepper, and your chosen seasoning blend. Cook for about 30 seconds, just until fragrant.
- 4.** Build the mixture: Add your sauce, cooked pasta or rice, and any vegetables you want to include. Stir until everything is evenly combined. If you're using sour cream or cream cheese, mix it in here for added richness.
- 5.** Transfer to baking dish: Spoon the mixture into the prepared casserole dish and spread it out evenly.
- 6.** Top with cheese: Sprinkle the shredded cheese generously over the top.
- 7.** Bake until hot and bubbly: Bake for about 20 to 30 minutes, or until the casserole is heated through and the cheese is melted and bubbly. If you want extra color, broil briefly at the end.
- 8.** Rest and serve: Let the casserole sit for 5 to 10 minutes before serving so it sets slightly and scoops more cleanly.

SWAPS & NOTES

One of the best parts of a ground beef casserole is how easy it is to make it your own.

Ground beef: Lean beef works well, but if you use a fattier blend, drain it after browning.

Base: Egg noodles, macaroni, rice, and thinly sliced potatoes all work beautifully.

Sauce: Tomato sauce gives the casserole a more classic red-sauce flavor, while cream soup creates a richer, creamier version.

TIPS FOR SUCCESS

A few easy tips can help make your casserole even better: Season the beef well at the skillet stage so the whole casserole has flavor.

Don't overcook the pasta before baking, since it will soften more in the oven.

Let the casserole rest before serving for cleaner portions.

Taste the mixture before baking so you can adjust salt, pepper, or seasoning.

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

Original recipe: <https://chefmaniac.com/ground-beef-casserole-the-easy-family-dinner-everyone-will-want-again/>