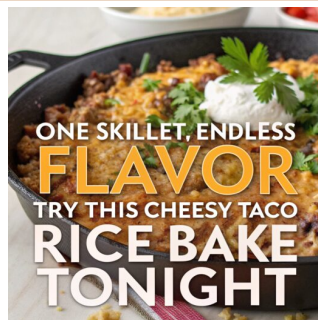


One Skillet, Endless Flavor: Try This Cheesy Taco Rice Bake Tonight

This recipe serves 4-6 people and takes about 15 minutes to prep and 30 minutes to cook.



OVEN
350°F

TIME
15 min

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INGREDIENTS

- 1 lb ground beef (or turkey)
- 1 cup uncooked rice (white or brown)
- 2 cups beef broth
- 1 packet taco seasoning
- 1 can diced tomatoes (14.5 oz), undrained
- 1 cup corn (frozen or canned)
- 1 cup shredded cheese (cheddar or Mexican blend)
- 1/2 cup chopped green onions (for garnish)
- Salt and pepper to taste

DIRECTIONS

1. **Preheat the : Oven:** Start by preheating your oven to 350°F (175°C). This ensures that your dish will bake evenly once it's ready.
2. **Cook the : Meat:** In a large skillet over medium heat, brown the ground beef until fully cooked. Drain any excess fat. This step is crucial for flavor, so don't rush it!
3. **Add the : Rice and Seasoning:** Stir in the uncooked rice and taco seasoning, mixing well to coat the rice with the spices. This will help the rice absorb all the delicious flavors.
4. **Incorporate the : Liquids:** Pour in the beef broth and add the diced tomatoes (with their juice) and corn. Stir everything together and bring it to a simmer.
5. **Transfer to the : Oven:** Once simmering, cover the skillet with a lid or aluminum foil and transfer it to the preheated oven. Bake for about 20 minutes, or until the rice is tender and has absorbed most of the liquid.
6. **Add : Cheese:** Remove the skillet from the oven, uncover it, and sprinkle the shredded cheese on top. Return it to the oven for an additional 5-10 minutes, or until the cheese is melted and bubbly.
7. **Garnish and : Serve:** Once out of the oven, let it cool for a few minutes. Garnish with chopped green onions before serving. Enjoy your delicious creation!

TIPS FOR SUCCESS

Use Leftover Proteins: If you have leftover chicken or beef, feel free to use that instead of ground meat.

Just add it in when you mix in the rice.

Spice It Up: For those who love heat, consider adding jalapeños or a dash of hot sauce to the mix.

Make It Vegetarian: Substitute the meat with black beans or lentils for a hearty vegetarian option.

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

Original recipe: <https://chefmaniac.com/one-skillet-endless-flavor-try-this-cheesy-taco-rice-bake-tonight/>