

Long Livo

Cheesy Ground Beef and Rice Casserole

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 cup long grain white rice
- [ ] 1 ½ cups beef broth
- [ ] 1 cup tomato sauce
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp dried oregano
- [ ] ½ tsp smoked paprika
- [ ] 2 cups shredded sharp cheddar cheese
- [ ] 2 tbsp olive oil

Optional Add-Ins

- [ ] ½ cup frozen peas
- [ ] ¼ cup grated Parmesan cheese
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Heat olive oil in a large skillet over medium heat; add the diced onion and sauté until translucent, then stir in the garlic and cook for another minute.
2. Add the ground beef, season with salt, pepper, oregano, and smoked paprika, and brown it, breaking it up with a spoon until no pink remains.
3. Stir in the tomato sauce and beef broth, bring to a gentle simmer, then add the rice; cover and cook for about 15-18 minutes, or until the rice is tender and liquid is absorbed.
4. Preheat the oven to 375°F (190°C). Transfer the mixture to a greased casserole dish, sprinkle the shredded cheddar evenly over the top, and add optional peas or Parmesan if desired.
5. Bake uncovered for 20 minutes, then remove foil (if used) and bake an additional 10 minutes until the cheese is golden and bubbly. Let rest 5 minutes before serving.

Nutrition per serving

460 kcal	30 g	36 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, stir in a pinch of red pepper flakes before baking.
- For a richer flavor, use half beef broth and half chicken broth.
- Leftovers reheat well in a skillet with a splash of broth to restore moisture.