

Zucchini Bread Recipes

Cheesy Ground Beef and Rice Casserole

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (85% lean)
- [ ] 1 cup long-grain white rice
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp butter, melted
- [ ] 1 tsp smoked paprika
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] ½ cup frozen peas
- [ ] ½ cup shredded carrots
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9-inch baking dish.



2. In a large skillet, brown the ground beef over medium-high heat, breaking it up with a spoon; add the diced onion and minced garlic, sauté until softened, about 4 minutes.



3. Stir in the smoked paprika, salt, pepper, and pour in the chicken broth; bring to a gentle simmer.



4. Add the rice (and optional peas or carrots if using) to the skillet, stir to combine, then transfer the mixture to the prepared baking dish.



5 Drizzle the melted butter over the top, then sprinkle the shredded cheddar evenly.



6 Cover with foil and bake for 20 minutes; remove foil and continue baking until the cheese is golden and the rice is tender, about 10 more minutes. Let rest 5 minutes before serving.



Nutrition per serving

420 kcal	28 g	38 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the rice isn’t fully cooked, add a splash more broth and cover for an extra 5 minutes.
- For a spicier kick, stir in a pinch of red-pepper flakes with the paprika.
- A quick stir of fresh parsley just before serving brightens the dish.