

Choco Fever Dream

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 tomato sauce
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] ½ cup milk
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp dried oregano
- [ ] ½ tsp smoked paprika
- [ ] Salt and pepper to taste

Optional Add-Ins

- [ ] ½ cup frozen peas
- [ ] ¼ cup chopped fresh parsley

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9-x-13-inch baking dish.
2. In a large skillet over medium heat, cook the ground beef with onion and garlic until browned; drain excess fat.
3. Stir in the tomato sauce, oregano, smoked paprika, and a pinch of salt and pepper. Let simmer for 3 minutes. For a lighter alternative, consider the turkey orzo version.
4. Add the rice and milk, mixing until the rice is evenly coated. If using frozen peas, fold them in now.
5. Transfer the mixture to the prepared baking dish, top with shredded cheddar, and cover with foil.
6. Bake for 25 minutes, then remove the foil and bake an additional 10-12 minutes until the cheese is golden and bubbly.
7. Let rest 5 minutes before serving. Garnish with fresh parsley if desired.

Nutrition per serving

420 kcal	28 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pair with a simple green salad for balance. For a hearty side, try baked meatballs.
- If the casserole seems dry, drizzle a little extra milk or broth before the final uncovered bake.
- Cheese can be swapped for mozzarella for a milder melt or pepper jack for a subtle kick.