

Plate Dream

Cheesy Ground Beef & 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
- [ ] 1 cup long-grain rice
- [ ] 1 ½ cups tomato sauce
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup milk
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large skillet over medium-high heat; add the diced onion and garlic, sauté until soft.
2. Add ground beef, season with salt and pepper, and brown, breaking it up with a wooden spoon.
3. Stir in tomato sauce and milk, bring to a gentle simmer, then mix in the uncooked rice.
4. Transfer everything to a greased 9-x-13 inch baking dish, sprinkle half the cheddar over the top, and cover with foil.
5. Bake at 375°F for 20 minutes, then remove foil, sprinkle the remaining cheese, and bake another 10 minutes until golden.
6. Let rest five minutes before serving; enjoy the cheesy stretch.

Nutrition per serving

420 kcal	28 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier note, add a pinch of cayenne or hot sauce.
- For a richer sauce, substitute half the milk with heavy cream.
- Check out this garlic butter bites for a complementary protein side.