

Foodnity Recipes

Beef Pepper Rice with Taco Seasoning

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 pound (16 oz) lean ground beef
- [ ] 1 tablespoon olive oil
- [ ] 1 medium onion, diced
- [ ] 1 red bell pepper, diced
- [ ] 1 cup long-grain white rice, rinsed
- [ ] 1 cup beef broth
- [ ] 1 cup water
- [ ] Salt, to taste

Seasonings

- [ ] 2 tablespoons taco seasoning mix
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder

Garnish

- [ ] Fresh cilantro, chopped (for garnish)
- [ ] Lime wedges (optional)

Instructions

1. Start by warming up the 1 tablespoon olive oil in your large skillet or Dutch oven over medium-high heat. Just let it get nice and shimmering.
2. Toss in the 1 pound (16 oz) lean ground beef. Use your spoon to break it up into little crumbles and cook it until it's all browned, which usually takes about 5–7 minutes. Honestly, it's the best part of the smell.
3. Now, go ahead and drain off that excess grease. Stir in your diced onion and red bell pepper, cooking them for about 4 minutes until they start to soften and look a bit glossy.
4. Sprinkle in the 2 tablespoons taco seasoning mix, 1 teaspoon garlic powder, and 1 teaspoon onion powder. Give it a good stir so the meat and veggies are all evenly coated in those spices.
5. Add your 1 cup long-grain white rice, rinsed. Stir it around for about 1 minute just to toast it lightly; it helps the rice really soak up all those lovely flavors.
6. Pour in the 1 cup beef broth, 1 cup water, and a pinch of salt. Give everything one last stir to make sure it's well combined.
7. Bring the mixture to a boil, then turn the heat down to low. Put the lid on and let it simmer for 18–20 minutes. You'll know it's done when the rice is tender and the liquid has all disappeared.

8. Take it off the heat and, look, just let it stand covered for 5 minutes. It needs that little bit of steam time before you fluff the rice with a fork.

9. Taste it and add a bit more salt if you think it needs it, then stir in that fresh cilantro for a pop of color.

10. Serve it while it's hot, and don't forget the lime wedges on the side for a little squeeze of brightness over each plate.

Nutrition per serving

410 kcal	28 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Rinsing the rice helps remove excess starch for a fluffier result.
- Using a Dutch oven is great for heat distribution.
- Adjust the taco seasoning based on your preference for salt.