

Foodnity Recipes

Ground Beef Taco Rice Bowl

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

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 cup long-grain white rice
- [ ] 2 cups water
- [ ] 1 packet taco seasoning (or homemade blend)
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 avocado, sliced
- [ ] 1/2 cup shredded cheddar cheese
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 1 lime, cut into wedges

Optional Toppings

- [ ] Sour cream
- [ ] Pickled jalapeños
- [ ] Sliced black olives

Instructions

1. Rinse the rice under cold water until clear, then combine with 2 cups water in a saucepan; bring to a boil, cover, reduce heat and simmer 15 minutes.
2. While rice cooks, heat a skillet over medium-high heat, add ground beef, break apart, and brown for 5-6 minutes.
3. Stir in taco seasoning and a splash of water; cook another 2-3 minutes until fragrant.
4. Fluff the rice with a fork, then divide into bowls; top each with seasoned beef, tomatoes, avocado, cheese, and cilantro.
5. Finish with a squeeze of lime and any optional toppings you love.

Nutrition per serving

420 kcal	26 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep the skillet hot; this seals in flavor.
- If using brown rice, increase water to 2½ cups and simmer 40 minutes.
- Add a dash of smoked paprika for extra depth.