

Italian Beef and Rice Skillet

This hearty and cheesy Italian Beef and Rice Skillet is ready in less than 30 minutes for an easy weeknight dinner the whole family will love!



5 from 171 votes

Prep Time

5 mins

Cook Time

22 mins

Total Time

27 mins

Course: Dinner Cuisine: Italian Servings: 6

Calories: 404 kcal Author: Shawn Syphus

Ingredients

- 1/2 onion, diced
- 1 lb. ground beef
- 15 oz diced tomatoes, canned
- 1 1/2 cups mixed veggies, peas and carrots
- 3/4 cup white rice
- 2 cups beef broth
- 1 tsp dried oregano
- 1 tsp garlic salt
- 1/2 tsp dried basil
- 1/2 tsp pepper
- 1 1/2 cups mozzarella cheese

Instructions

1. Brown the ground beef and onion in a large skillet until no longer pink, drain any excess fat.

2. Return skillet to stove top and add in the tomatoes, mixed veggies, rice, beef broth, oregano, garlic salt, basil and pepper. Stir until combined and bring to a light boil. Reduce heat to a simmer, cover and let cook until rice is tender (about 17 minutes).
3. Fluff rice with fork and top with the mozzarella cheese. Cover with the lid for about 3 minutes to let cheese melt. Sprinkle with parsley if desired. Enjoy!

Notes

You can substitute 1 cup of small pasta (shells, macaroni, etc) for the rice if desired.

Nutrition

Calories: 404kcal | Carbohydrates: 27g | Protein: 24g | Fat: 22g | Saturated Fat: 10g
| Cholesterol: 76mg | Sodium: 935mg | Potassium: 454mg | Fiber: 3g | Sugar: 1g |
Vitamin A: 2671IU | Vitamin C: 8mg | Calcium: 184mg | Iron: 3mg

Keywords: Italian Ground Beef and Rice



DID YOU MAKE THIS RECIPE?

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