

Cheesy Ground Beef Rice Casserole

Ingredients:

1 lb of ground beef.
2 diced onions.
2 tsps of garlic powder.
1 small can of tomato sauce.
1 cup of cooked rice.
1 cup of chicken broth.
1 cup of sour cream.
2 cups of shredded cheese.
Salt, pepper and oregano.
1 cup of frozen peas.

Instructions:

In a sprayed skillet over high heat, roast the onions for a few minutes and mix in the ground beef and garlic. Brown the ground beef then turn down the heat to medium and season with salt, pepper and oregano.

Mix in the rice, peas, tomato sauce, 1 cup of cheese and broth and let simmer for 3 minutes.

Put the mixture in a casserole dish and bake in a preheated oven to 350° for 15 minutes.

Sprinkle the cheese and sour cream mixture over the top and bake for 15 more minutes.

Bone Appétit!

Easy, peasy and cheesy! This ground beef casserole is super easy to prepare and very delicious. Give it a shot, you will love it!

source:<http://tomatohero.tips>