

Hearty Beef and Vegetable Rice Bowl

This comforting dish combines tender ground beef with hearty potatoes and carrots, all served over a fluffy bed of rice.

Perfect for a cozy meal, it's both nutritious and satisfying!


30 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 medium potato, diced
- 1 medium carrot, sliced
- 100g ground beef
- 1/4 cup rice
- 1 cup water
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: herbs like thyme or parsley for garnish

Steps

- 1 In a saucepan, heat olive oil over medium heat. Add the ground beef and cook until browned, breaking it apart as it cooks.
- 2 Add the diced potato and sliced carrot to the pan. Stir to combine and cook for about 5 minutes until the veggies start to soften.
- 3 Rinse the rice under cold water. Add it to the pan along with 1 cup of water. Season with salt, pepper, and any herbs you like.
- 4 Bring the mixture to a boil, then reduce heat to low, cover, and simmer for about 15-20 minutes until the rice is cooked and water is absorbed.
- 5 Fluff with a fork and serve hot, garnished with fresh herbs if desired.