

# Super Easy Beef and Rice Casserole

## Ingredients

- 1 lb. ground beef
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 cups homemade cream of mushroom soup or 1 can (10.75 oz.) condensed cream of mushroom soup
- 1 cup long grain white rice
- 2 cups water
- Several dashes of salt and pepper
- 2 cups shredded cheddar cheese



## Instructions

Preheat the oven to 360°F. Lightly grease a 2.5-qt. casserole dish.

Brown the ground beef with the onion and garlic in a large skillet. Drain the fat once the meat is thoroughly cooked, then add the cream of mushroom soup, rice, water, salt, and pepper. Stir together. *Note: If using 2 cups of home-made cream of mushroom soup, decrease the water from 2 cups to 1 ½ cups.*

Turn off the heat and gently stir in the shredded cheese. Pour into the prepared casserole dish. Cover and bake for 35 minutes. Remove the lid, then bake for an additional 10 minutes.

Remove from the oven and allow to cool 5 minutes before serving. Yield: 5 servings.

*Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.*

### Nutrition Facts

Servings: 5

Amount per serving

**Calories** **521**

% Daily Value\*

**Total Fat** 29.6g **38%**

Saturated Fat 14.7g **74%**

**Cholesterol** 128mg **43%**

**Sodium** 789mg **34%**

**Total Carbohydrate** 21.9g **8%**

Dietary Fiber 0.7g **3%**

Total Sugars 2.1g

**Protein** 39.7g

Vitamin D 5mcg **27%**

Calcium 363mg **28%**

Iron 5mg **26%**

Potassium 534mg **11%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**