

DINNERLY



Tex-Mex Grass-Fed Beef & Rice Casserole

with Cheddar



30-40min



2 Servings

Casseroles come in all different shapes, sizes, and flavors. So how do you know what's right for your dinner table? You can start with this rice and beef mixture blanketed with a layer of melty cheese. It's like a big ol' burrito bowl meets taco meets skillet. How fun is that? We've got you covered!

WHAT WE SEND

- 2 scallions
- 10 oz pkg grass-fed ground beef
- 2 (5 oz) jasmine rice
- 4 oz red enchilada sauce
- ¼ oz taco seasoning
- 5 oz corn
- 2 oz shredded cheddar-jack blend ¹

WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper

TOOLS

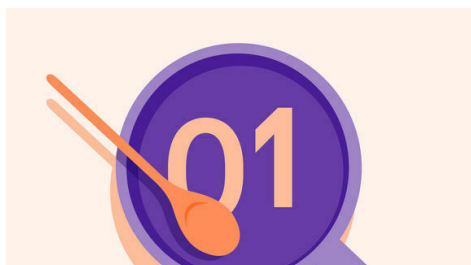
- large ovenproof skillet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1160kcal, Fat 45g, Carbs 139g, Protein 43g

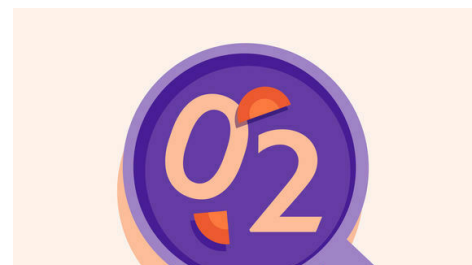


1. Prep ingredients

Preheat oven to 400°F with a rack in the upper third.

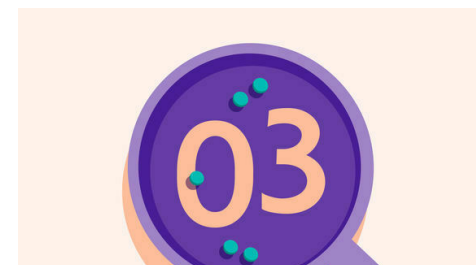
Finely chop **2 teaspoons garlic**.

Trim ends from **scallions** and thinly slice about 4 tablespoons (save rest for own use, if any), keeping dark greens separate.



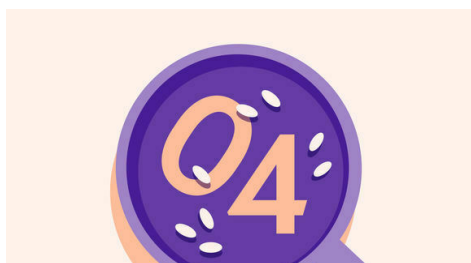
2. Cook beef

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **beef** and a **pinch of salt**; cook, breaking up into smaller pieces, until browned and cooked through, about 5 minutes (drain off any excess fat, if desired). Add **scallion whites** and **light greens** and **chopped garlic**; cook, stirring, until fragrant, about 1 minute.



3. Toast rice

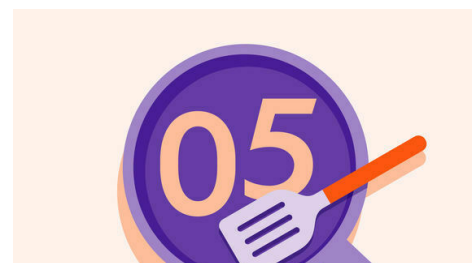
Add **rice** to skillet with **beef**; cook, stirring, until lightly toasted and slightly softened, about 2 minutes.



4. Finish casserole & bake

To same skillet, stir in **enchilada sauce**, **taco seasoning**, **2½ cups water**, and **1 teaspoon salt**. Bring to a boil, then remove from heat and sprinkle **corn** over top.

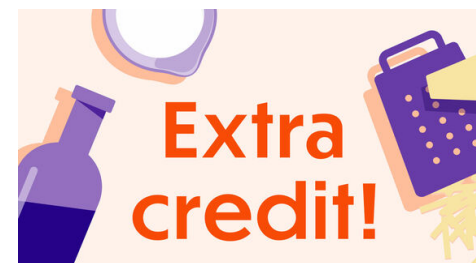
Cover with a lid or foil; bake on upper oven rack until liquid is absorbed and **rice** is tender, about 20 minutes. Fluff rice with a fork and season to taste with **salt** and a **few grinds of pepper**.



5. Broil & serve

Switch oven to broil. Evenly sprinkle **cheese** over **rice**. Return skillet to top oven rack and broil until cheese is melted, 1–3 minutes (watch closely as broilers vary).

Serve **beef and rice casserole** with **scallion dark greens** sprinkled over top. Enjoy!



6. Make some tacos!

To turn this Tex-Mex casserole into tacos, heat tortillas in the microwave and fill them with the beef and rice mixture. Top them with cheese (feel free to add a dollop of sour cream and guacamole!).