

One Pot Creamy Rice & Beef

Recipe makes 6 meals

Ingredients

- 1 lb 93/7 Lean Ground Beef
- 15 oz can Fire Roasted Corn
- 8 oz can Tomato Sauce
- 8 oz Greek Cream Cheese*
- 2 cups Beef Broth
- 1.5 cups White Rice, rinsed, dry
- 1 cup Fat Free Fairlife Milk
- 1 small Yellow Onion, chopped
- 1 Tbsp Garlic Powder, divided
- 1 tsp Paprika
- 1 tsp Ground Coriander
- 1 tsp Chili Powder
- Salt and Pepper to taste

*See notes



Nutrition Profile

- per meal -

Calories - 419

Fat - 10g

Carbohydrates - 50g

Protein - 30g

***Fiber - 2g**

**Estimated Cost
Per Meal**

\$2.25

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Instructions

- 1. Start by rinsing your rice. When done, set it aside.**
- 2. Heat a large pot over medium-high heat and add in your ground beef. Break it up a little and immediately add in your chopped onion, 1/2 Tbsp garlic powder, 1 tsp paprika, and a little salt and pepper. Let this continue to cook until no pink remains, breaking it up in the process. Once your beef is cooked through, remove it from the pot and set aside.**
- 3. Return that same pot back to the stove over medium-high heat and add in 1.5 cups of rinsed, uncooked, rice, and 15 ounce can of drained corn. Cook for 1-2 minutes, stirring frequently.**
- 4. Pour in 8 ounces of tomato sauce, along with 1/2 Tbsp garlic powder, 1 tsp ground coriander, 1 tsp chili powder, and a little salt and pepper. Mix well and cook for 30 seconds.**
- 5. Next, add in 2 cups of beef broth and 1 cup of milk. Mix and let this continue to cook until it starts to boil. Once it starts boiling, give it one more mix, reduce the heat to medium-low, place your cubed cream cheese on top, cover, and cook for about 15-20 minutes, or until the liquid evaporates and your rice is cooked through.**
- 6. Once that's done, remove the lid, add in your cooked ground beef, and stir until cream cheese is melted.**
- 7. Give it a taste and add salt and pepper to preference.**
- 8. Portion out into your meal containers and enjoy!**



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Notes

- ***Note - I used Greek cream cheese in this recipe. It may not be available in all areas. So if you cannot find it, you can use reduced fat cream cheese or reduced fat Neufchâtel cheese. The macros are not drastically different than that of Greek cream cheese.**
- **This recipe is pretty much a blank canvas for veggies. You could add so many things to this to make it more nutritious and filling. Broccoli, spinach, black beans, zucchini, squash.....whatever you prefer.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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