Sour Cream Rice Bake

Description

This Sour Cream Rice Bake is pure comfort food. It's ridiculously easy to make, with just six ingredients. It takes about 40 minutes from start to finish. The flavor is somewhat mellow and the rice is super creamy.
What I'm saying is, this dish is almost as good as laying on the couch in your comfy pants (or no pants, if you want), wrapped in a big, warm blanket, with Bravo or Lifetime on the television for 8 hours straight.

Summary

Yield: 4
Prep Time: 1 1/2 hours
Category: Casseroles
Cuisine: American

Ingredients

- 1 lb ground beef
- 15 oz tomato sauce
- 1 1/2 cup white rice
- 3 cup beef broth
- 1 cup cottage cheese
- 1/2 cup sour cream
- 1 cup cheddar cheese shredded

Instructions

Add the rice and water to a medium sauce pan over medium heat, stirring occasionally.

Bring to a boil, reduce heat to low, and cover the pan. Cook for 15-18 minutes, stirring occasionally, until the water is absorbed. Allow to sit, covered, for 5 minutes.

While the rice is cooking, brown the ground beef in a skillet until cooked through. Remove from the heat, drain the grease, and add the tomato sauce to the pan.

Add the rice to a large mixing bowl and dump in the sour cream and cottage cheese. Stir to combine. Salt and pepper, to taste.

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In a 2 quart baking dish place half of the rice on the bottom of the dish. Top with half of the meat and tomato sauce mixture. Sprinkle on half of the cheese. Repeat the layers.

Bake at 350 degrees for 10 to 15 minutes or until the cheese is melted.

Notes

Can use egg noodles insead of rice.