

Cajun Beef and Rice

Printed from Beef Recipes at <http://www.beefrecipes.us/>

A delicious and easy one-pot dish perfect for weekend nights, this entree is bursting with zesty Creole flavors. Ground beef is simmered with vegetables, rice and spices until perfectly cooked through. Serve hot with a side of seafood stew, or add spicy andouille sausage for an additional kick!

Ingredients:

1/2 lb. ground beef
1 Tsp olive oil
1/2 c. finely chopped celery
1 medium onion, chopped
2 tsp Creole seasoning
2 c. uncooked instance rice
1 c. water
1 c. frozen okra (thawed and minced)
2 medium tomatoes, chopped
1 small green pepper, chopped
2 (11 1/2 oz) can vegetable juice

Directions:

1. In large skillet heat 1 Tbsp olive oil over medium high heat. Cook beef until browned.
2. Add celery, onion, and Cajun seasoning for 4 minutes or until onions are aromatic. Add remaining ingredients.
3. Reduce heat to medium-low. Cover and simmer for 10 minutes until rice is cooked and tender. Remove cover and simmer until liquid reduces to desired amount.

Serve hot.

Author: Catherine Herzog