

Freezer-Friendly Taco Rice

Prep time

5 mins

Cook time

20 mins

Total time

25 mins

Do you love tacos? Change up your regular taco night a little bit. Make a double or triple batch of Freezer-Friendly Taco Rice for a quick delicious meal!

Author: Marybeth Feutz

Recipe type: Main

Makes: 4-6 servings



Ingredients

- 1 pound ground beef
- 1 onion, [chopped](#) (about 1 cup)
- 1 1-1/4 ounce package [taco seasoning](#)
- 1 cup water
- 2 cups cooked rice ([white, brown, or converted](#))
- 1 16-ounce can diced tomatoes, drained
- 1 8-ounce package shredded Mexican or Fiesta blend cheese

Optional:

- Taco shells, burrito shells, tortilla chips
- Extra cheese, tomato, avocado, or green onion for garnish.

Instructions

1. Brown ground beef and onion in a [large saucepan](#).
2. Stir in taco seasoning, water, rice, and diced tomatoes. Heat over low heat until heated through.
3. Add shredded cheese and stir until cheese is melted.
4. Serve immediately on taco shells, wrapped in a burrito shell, or over tortilla chips.

To freeze:

1. Brown ground beef and onion in a [large saucepan](#).
2. Stir in taco seasoning, rice, diced tomatoes, and cheese. **Do not add water.**
3. Transfer beef mixture to a [gallon-sized Ziploc freezer bag](#). Label and freeze.

To use after frozen:

1. Thaw overnight in the refrigerator.
2. Pour beef mixture into a large saucepan. Add 1 cup of water.
3. Heat over medium heat, stirring frequently, until heated through.
4. Serve immediately, as above.

Recipe by My Fearless Kitchen at <https://www.myfearlesskitchen.com/freezer-friendly-taco-rice/>