

Creamy Chicken and Rice Skillet

Creamy chicken and rice skillet is the kind of comforting meal that feels like a hug in a bowl. Juicy chicken breasts, fluffy rice, and a velvety cream sauce come together in one pan for a dish that's hearty yet simple to prepare. Perfect for weeknights, this recipe balances savory flavors with creamy richness. It's versatile, customizable, and easy to scale for family dinners. With wholesome ingredients and straightforward steps, it delivers Southern-inspired comfort right from your kitchen.

Why a Skillet Recipe Works Best

One-Pan Convenience

Cooking in a skillet keeps everything simple. You sear the chicken, build the sauce, and finish the dish all in one pan, cutting down on cleanup. This makes it perfect for busy nights when you want something home-cooked but don't want piles of dishes. Skillet meals also let flavors blend beautifully, as the same pan captures every bit of seasoning and caramelization.

Comfort in Every Bite

The skillet cooking method ensures bold flavors in every layer. Chicken absorbs the seasoning, rice soaks up broth, and cream ties it all together. It's the perfect example of how a few simple steps transform humble ingredients into something rich and indulgent. Much like [Baked Melt In Your Mouth Chicken](#), this recipe proves that comfort food can be both quick and impressive.

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- Author: [Aaron recipes](#)
- Total Time: [40 minutes](#)
- Yield: [4 servings 1x](#)

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Description

Creamy chicken and rice skillet with juicy chicken breasts, fluffy rice, and a rich cream sauce. A one-pan comfort dish perfect for weeknights.

Ingredients

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Scale

- ☐ 4 boneless, skinless chicken breasts (about 1.5 lbs)
 - ☐ 1 cup uncooked rice
 - ☐ 2 cups chicken broth
 - ☐ 1 cup heavy cream (or half-and-half)
 - ☐ 1 medium onion, diced
 - ☐ 3 cloves garlic, minced
 - ☐ 1 cup frozen peas (optional)
 - ☐ 2 tbsp olive oil
 - ☐ 1 tsp paprika
 - ☐ 1 tsp salt
 - ☐ 1/2 tsp black pepper
 - ☐ 1/2 tsp dried thyme
 - ☐ 1/2 tsp parsley (fresh or dried, for garnish)
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Rinse rice under cold water. Cook according to package instructions using chicken broth instead of water. Set aside.
2. Season chicken with paprika, salt, pepper, and thyme. Heat olive oil in skillet. Sear chicken 5–6 minutes per side until golden and cooked through (165°F). Remove and set aside.
3. In same skillet, sauté onions 2–3 minutes until soft. Add garlic and cook 1 minute.
4. Lower heat. Stir in cream and remaining broth. Bring to a gentle simmer.
5. Add peas if desired. Cook 2–3 minutes until heated through.

6. Return chicken to skillet. Simmer 5 minutes to blend flavors.

7. Serve chicken and sauce over rice. Garnish with parsley.

Notes

Add mushrooms or bell peppers for extra flavor.

Use thighs or shrimp instead of chicken for variation.

Half-and-half or non-dairy cream can replace heavy cream.

Store leftovers in the fridge up to 3 days, reheat gently.

- Prep Time: 10 minutes
- Cook Time: 30 minutes
- Category: Main Dish
- Method: Skillet
- Cuisine: American

Nutrition

- **Serving Size:** 1 plate
- **Calories:** 450
- **Sugar:** 3g
- **Sodium:** 720mg
- **Fat:** 24g
- **Saturated Fat:** 11g
- **Unsaturated Fat:** 10g
- **Trans Fat:** 0g
- **Carbohydrates:** 36g
- **Fiber:** 2g
- **Protein:** 28g
- **Cholesterol:** 110mg

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Preparing the Chicken

Seasoning for Flavor

Chicken breasts are seasoned with paprika, thyme, salt, and black pepper before searing. These spices provide depth without overpowering the sauce. Paprika adds warmth and color, while thyme

lends an herbal note. A light seasoning ensures the chicken is tasty on its own and becomes even more flavorful once it simmers in cream.

Achieving Juicy Texture

Cooking the chicken until golden brown locks in juices and creates a base layer of flavor in the skillet. The chicken is then set aside to rest before being returned to the pan. This ensures the meat doesn't dry out. Once it's nestled back into the sauce, it absorbs even more creaminess. The combination of searing and simmering guarantees tender, flavorful results every time.

Cooking the Rice

Adding Broth for Depth

Cooking rice in chicken broth instead of plain water enhances its flavor. Every grain soaks up savory notes that complement the creamy sauce later. This small change makes the rice more than just a base—it becomes an essential part of the dish. Long-grain rice works best, staying fluffy and separate even when smothered with sauce.

Ensuring Perfect Texture

Rinsing rice before cooking removes excess starch, preventing it from becoming sticky. Cooking it to just-tender ensures it holds up when combined with chicken and sauce. Once finished, it's fluffed with a fork, ready to absorb the rich flavors of the skillet. The rice becomes the comforting backbone of the dish, pairing perfectly with juicy chicken and creamy sauce.

Building the Creamy Sauce

Aromatics as the Base

The sauce begins with onions and garlic sautéed in olive oil. The onions turn sweet, while garlic adds fragrance and depth. These aromatics infuse the cream with flavor and ensure the sauce is layered rather than flat. Cooking them in the same skillet as the chicken also incorporates savory browned bits for extra richness.

Creamy, Silky Finish

Heavy cream is stirred in with chicken broth, creating a silky sauce that smothers the chicken and rice. The cream thickens slightly as it simmers, coating every bite without feeling heavy. Optional additions like peas or mushrooms bring freshness and balance. This creamy sauce ties the dish together, making it hearty, indulgent, and satisfying without being overwhelming.

Bringing the Dish Together

Returning the Chicken

After the sauce thickens, the chicken is returned to the skillet. Simmering it for a few minutes allows the flavors to blend. The chicken absorbs creaminess, while the sauce takes on the seasoned

notes from the meat. This final simmer transforms separate elements into a cohesive, comforting dish ready to serve over rice.

Serving Over Rice

The creamy chicken is spooned generously over fluffy rice, allowing the sauce to seep into every grain. The result is a meal where every bite carries creaminess, savoriness, and texture. Garnishing with fresh parsley brightens the presentation. Whether for a weeknight dinner or guests, serving it over rice makes it both filling and visually appealing.

Variations and Add-Ins

Adding Vegetables

Vegetables can be added to boost flavor and nutrition. Peas provide sweetness, mushrooms add earthiness, and bell peppers bring crunch. These additions can be sautéed with onions or stirred into the sauce. They enhance both color and taste, making the dish versatile and customizable for your family's preferences.

Protein Alternatives

While chicken breasts are classic, thighs offer juicier texture, while turkey adds a lighter variation. Shrimp can also replace chicken for a seafood twist. For vegetarian versions, tofu or chickpeas work well, soaking up the creamy sauce. Each substitution changes the character of the dish while keeping the comfort of rice and cream intact.

Why This Dish Feels Timeless

Southern Roots

Chicken and rice have been Southern staples for generations, valued for their simplicity and comfort. Smothering chicken in creamy sauce makes it richer and more indulgent. This skillet version carries forward that tradition while keeping it modern and quick. It represents heritage cooking adapted for today's kitchens.

Modern Adaptability

Modern families need meals that are flexible and quick, and this recipe fits perfectly. It adapts to lighter cream options, non-dairy alternatives, or different proteins without losing comfort. Much like classic Southern favorites, it's timeless because it adapts easily while delivering big flavor. It proves comfort food doesn't have to be complicated to feel special.

Frequently Asked Questions

Can I make this ahead?

Yes, prepare the chicken and sauce in advance, refrigerate, and reheat before serving with rice.

Can I use a lighter cream?

Half-and-half or non-dairy cream works, though the sauce will be slightly less rich.

What rice is best?

Long-grain white rice is ideal, but jasmine or basmati bring extra fragrance. Brown rice can be used for more fiber.

How do I store leftovers?

Keep in airtight containers in the fridge for up to three days. Reheat gently on the stove to maintain creaminess.

Can I make it spicier?

Add cayenne, red pepper flakes, or hot sauce for heat without overpowering the sauce.

Conclusion

Creamy chicken and rice skillet is a dish that brings together tender chicken, fluffy rice, and a luscious cream sauce for true comfort food. Easy to prepare in one pan, it's practical for weeknights yet indulgent enough for guests. With room for add-ins and substitutions, it's endlessly adaptable while staying rooted in Southern comfort tradition. Whether enjoyed fresh or reheated for meal prep, it's a recipe that will always satisfy, proving that simple ingredients can create extraordinary flavor.

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