

Creamy Forgotten Chicken and Rice Dish

Sometimes, the best recipes are the ones you can almost forget about until the delicious aroma fills your kitchen. This **Creamy Forgotten Chicken and Rice Dish** is exactly that—a comforting, no-fuss meal that practically cooks itself. With tender chicken, creamy rice, and a flavorful onion soup topping, it’s the perfect recipe for busy evenings. You simply mix, cover, and bake—no stirring, no watching, just pure comfort waiting at the end.

The Heart of “Forgotten” Cooking

Why It Works So Well

The genius of this recipe lies in its simplicity. Everything goes into one dish, and the oven does all the work. The rice absorbs the creamy soups and chicken juices while baking, creating a perfectly tender, flavorful base. Meanwhile, the chicken stays moist under a layer of steam trapped by foil. In just over an hour, you have a hearty, home-cooked dinner with minimal cleanup and maximum comfort.

Where the Name Comes From

The term “Forgotten Chicken” has been around for decades. It refers to dishes that require almost no attention after they go in the oven. These recipes were originally passed down through family cookbooks, designed for busy home cooks who needed reliability. This version updates that classic by making it creamier, richer, and even easier. It’s the kind of nostalgic dish that reminds you of home, no matter where you are.

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- Author: [Aaron recipes](#)

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Description

A classic creamy Forgotten Chicken and Rice Dish that practically cooks itself. Tender chicken and flavorful rice baked in a rich, savory sauce for an easy family meal.

Ingredients

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Scale

- ☐ 1 lb boneless skinless chicken breasts
 - ☐ 2 cups instant rice (white or brown)
 - ☐ 1 can (10.5 oz) cream of chicken soup
 - ☐ 1 can (10.5 oz) cream of mushroom soup
 - ☐ 1 can (10.5 oz) water (use soup can for measurement)
 - ☐ 1 envelope onion soup mix
 - ☐ 1 tablespoon butter (for greasing)
 - ☐ Optional: 1–2 cups frozen mixed vegetables, 1 cup shredded cheddar cheese, seasonings to taste
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Preheat oven to 350°F and grease a 9×13-inch baking dish with butter.
2. In a large bowl, mix soups, water, and uncooked rice until smooth.
3. Pour the mixture into the prepared baking dish and spread evenly.
4. If using, stir in vegetables or cheese at this stage.
5. Place chicken breasts on top of the rice mixture.
6. Sprinkle the onion soup mix evenly over the chicken.
7. Cover tightly with foil and bake for 60 minutes.
8. Remove foil, check for doneness, and broil 3–5 minutes for a golden top.
9. Let rest 10 minutes before serving.

Notes

Use low-sodium soups for better salt control.

Add vegetables for extra flavor and nutrition.

Substitute boneless chicken thighs for a richer version.

Instant rice gives the best creamy texture; avoid over-peeking while baking.

Did you make this recipe?

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Gathering the Ingredients

Simple Pantry Staples

To make this dish, you'll need one pound of boneless, skinless chicken breasts, two cups of instant rice, one can of cream of chicken soup, one can of cream of mushroom soup, one can of water (using the empty soup can for measurement), one envelope of onion soup mix, and one tablespoon of butter for greasing. These pantry staples come together effortlessly to create a meal that tastes like you spent hours preparing it.

Optional Add-Ins for Variety

This dish is endlessly adaptable. For added creaminess, stir in one cup of shredded cheddar cheese. You can also toss in one to two cups of frozen vegetables like peas, carrots, or corn for color and nutrition. A cup of diced cooked chicken can stretch the recipe further for bigger families. Seasoning options like garlic powder, paprika, or black pepper add depth without complicating the preparation.

Preparing the Creamy Base

Mixing the Foundation

Start by preheating your oven to 350°F and greasing a 9×13-inch baking dish with butter. In a large bowl, combine the cream of chicken soup, cream of mushroom soup, water, and instant rice. Stir until everything is evenly mixed and smooth. This creamy mixture will act as the flavorful base of the dish, providing both moisture for the rice and a sauce that ties everything together.

Building Rich Flavor

If you're adding cheese or vegetables, fold them into the soup mixture now. Doing this before layering the chicken ensures every bite has balanced flavor and texture. Once mixed, pour the entire base into your greased baking dish and spread it evenly. The soups and rice create a silky, creamy layer that's both savory and satisfying, setting the stage for the chicken and onion topping to shine.

Layering the Chicken and Seasoning

Arranging the Chicken

Lay the chicken breasts directly on top of the rice mixture. If they're particularly thick, butterfly or cut them in half so they cook evenly. You don't need to brown the chicken ahead of time—the oven's slow, moist heat will handle that. As the dish bakes, the chicken juices blend with the soups, infusing the rice with flavor while keeping the meat tender and juicy.

Adding the Onion Mix

Sprinkle the envelope of onion soup mix evenly over the top of the chicken. This seasoning blend adds savory depth and helps form a golden, flavorful crust as the dish bakes. For a little extra color and warmth, dust the top with paprika or garlic powder. The onion mix combines with the creamy base below to create a rich sauce that coats every grain of rice perfectly.

The Baking Process

The “No Peek” Rule

Cover the dish tightly with aluminum foil. This step is critical because it traps steam, allowing the rice to absorb liquid evenly while keeping the chicken moist. Bake for 60 minutes at 350°F without lifting the foil. The name “forgotten chicken” fits perfectly here—once it's in the oven, you can literally forget about it until your kitchen smells amazing.

Checking for Doneness

After an hour, carefully remove the foil. The chicken should be fully cooked, reaching an internal temperature of 165°F, and the rice should be tender and creamy. If you like a golden finish, broil the uncovered dish for 3–5 minutes. Let it rest for about 10 minutes before serving. This brief pause allows the sauce to thicken slightly and makes serving easier and neater.

Serving and Pairing Ideas

How to Serve

Serve your Creamy Forgotten Chicken and Rice straight from the baking dish. It's hearty enough to stand alone, but it pairs beautifully with simple sides like green beans, roasted vegetables, or a crisp garden salad. The creamy sauce seeps into the rice, creating a luscious texture that feels indulgent without being heavy. Garnish with chopped parsley for a touch of freshness.

Making It Special

This dish can easily become the star of a family dinner or potluck. Sprinkle shredded cheddar cheese on top just before baking for an extra gooey finish. Add a few tablespoons of sour cream after baking for extra richness. If you're a fan of layered flavor, serve it with garlic bread or rolls to soak up every bit of that delicious creamy sauce. It's comfort food at its finest.

Variations and Creative Twists

Healthier Substitutions

For a lighter take, use low-sodium soups and broth or swap in Greek yogurt for part of the cream base. You can also make the dish dairy-free by using plant-based cream soups and vegan butter. If you prefer a nutty texture, use brown rice or quinoa instead of white rice, though you'll need to add extra water and baking time. These changes maintain the creamy texture while boosting nutrition.

Flavor Boosting Ideas

This recipe's flexibility means you can make it your own. Add chopped mushrooms, sautéed onions, or diced bell peppers for a richer flavor. A small spoonful of Dijon mustard stirred into the soup mixture adds a tangy kick. For a similar creamy dish with a restaurant-inspired twist, check out the [Easy No-Peek Chicken & Rice Dish](#)—it's a flavorful variation you'll love just as much.

Storing and Reheating

Storage Tips

Leftovers keep beautifully. Allow the dish to cool completely, then store portions in airtight containers in the refrigerator for up to three days. When ready to reheat, add a splash of milk or water to restore the creamy consistency. Heat it in the microwave or covered in the oven until warmed through. The flavors meld overnight, making the dish even more delicious the next day.

Freezing and Meal Prep

This casserole also freezes well. Store in freezer-safe containers for up to two months. Thaw overnight in the fridge and reheat as usual. For meal prep, divide the casserole into individual portions—it's an easy, filling lunch option. Whether fresh or reheated, the texture remains creamy, and the rice stays flavorful, making it one of those rare casseroles that's just as good the second time around.

Frequently Asked Questions

Can I prepare this dish in advance?

Yes, this recipe is great for make-ahead meals. Assemble everything up to a day ahead, cover tightly with foil, and refrigerate. When ready to bake, pop it straight into the oven. If starting from cold, add 10 extra minutes to the baking time. It's ideal for busy nights when you want something warm and homemade without the last-minute rush.

Can I use regular rice instead of instant rice?

You can, but the cooking time and liquid ratio need adjustments. Regular rice takes longer to cook, so add half a cup more water and bake for 90 minutes instead of 60. Always keep it covered tightly to ensure enough steam for the rice to soften properly. For guaranteed success, instant rice gives the creamiest, most consistent results with this method.

Can I make this with chicken thighs?

Absolutely. Boneless, skinless chicken thighs work beautifully in this recipe. They're naturally juicier

and infuse the sauce with even more flavor. The cooking time remains the same, but always confirm the internal temperature reaches 165°F before serving. Thighs add richness that perfectly complements the creamy rice and onion flavor.

What can I serve with this dish?

This creamy chicken and rice pairs perfectly with light sides like roasted vegetables, green beans, or a simple salad. For something heartier, serve it alongside garlic bread or buttered corn. The mild flavor also makes it great with tangy coleslaw or pickled cucumbers, balancing the richness of the dish with a refreshing bite.

Conclusion

The **Creamy Forgotten Chicken and Rice Dish** proves that comfort food doesn't have to be complicated. With simple ingredients, one dish, and almost no effort, you get a meal that's creamy, filling, and deeply satisfying. Whether it's a busy weeknight or a cozy Sunday dinner, this dish delivers home-cooked flavor every time. It's the kind of recipe you'll make once and keep forever—a true kitchen classic worth remembering.

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