

Creamy One-Pot Chicken & Rice

There's something deeply comforting about a dish that brings together tender chicken, creamy sauce, and perfectly cooked rice — all in one pot. **Creamy One-Pot Chicken & Rice** is that kind of meal. It's hearty yet simple, rich but balanced, and packed with the flavors of classic Southern comfort food. With every spoonful, you'll taste the creamy texture of slow-baked rice, the savory depth of chicken, and the subtle sweetness of vegetables. It's the kind of meal that feels like home, made with simple ingredients and minimal effort.

Why One-Pot Meals Are a Southern Favorite

The Beauty of One-Pot Cooking

One-pot meals are every home cook's dream. They're efficient, flavorful, and save on cleanup — all while delivering layers of taste. This **Creamy One-Pot Chicken & Rice** combines boiling and baking to create an incredibly tender, creamy texture that can't be achieved any other way. The rice slowly absorbs the broth and cream of chicken soup, while the chicken tenderizes to perfection. Everything melds together, creating a complete meal that's as satisfying as it is simple.

Comfort Food at Its Best

Southern comfort food is all about warmth and nostalgia. The combination of chicken, rice, and a creamy sauce has been a family staple for generations. What makes this dish special is how effortless it is — just one pot, a few ingredients, and time in the oven. The result is tender chicken, flavorful rice, and a rich sauce that ties it all together. If you enjoy creamy, hearty meals, you'll also love the [Easy One Pan Cajun Chicken Rice](#), which takes this comforting concept and gives it a bold, spicy twist.

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- Author: [Aaron recipes](#)
- Total Time: [85 minutes](#)
- Yield: [6 to 8 servings 1x](#)
- Diet: [Low Fat](#)

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Description

A creamy and comforting one-pot Southern-style chicken and rice recipe featuring tender chicken, vegetables, and long-grain rice baked to perfection in a rich sauce.

Ingredients

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Scale

- ☐ 6 cups water
 - ☐ 1 teaspoon kosher salt
 - ☐ 1 pound frozen boneless, skinless chicken tenders
 - ☐ 3 celery ribs, roughly chopped
 - ☐ 1 medium yellow onion, chopped (about 1 cup)
 - ☐ 1 1/2 cups long-grain white rice (Carolina Gold preferred)
 - ☐ 1 (10.5-ounce) can condensed cream of chicken soup
 - ☐ Freshly ground black pepper, optional
 - ☐ **Cook Mode** Prevent your screen from going dark
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Instructions

1. Preheat oven to 350°F (175°C).
2. In a Dutch oven, bring water to a boil. Add salt and chicken tenders. Boil uncovered for 10 minutes.
3. Add celery and onion. Stir to combine.
4. Stir in rice and condensed cream of chicken soup. Mix thoroughly.
5. Cover the pot and bake for 45 minutes.
6. Remove from oven, shred chicken with two forks, and stir back into the rice.
7. Season with black pepper and serve hot.

Notes

Add peas, carrots, or bell peppers for color and nutrition.

Include a bay leaf or thyme sprig for aroma.

Replace cream of chicken with sour cream and broth for tanginess.

Use gluten-free soup for a gluten-free version.

Store leftovers for 3 days in the fridge or freeze for 3 months.

Reheat with a splash of broth to loosen the rice.

- Prep Time: 10 minutes
- Cook Time: 75 minutes
- Category: Main Course
- Method: Baking, Boiling
- Cuisine: Southern American

Nutrition

- **Serving Size:** 1 cup
- **Calories:** 350
- **Sugar:** 2g
- **Sodium:** 650mg
- **Fat:** 6g
- **Saturated Fat:** 1.5g
- **Unsaturated Fat:** 3g
- **Trans Fat:** 0g
- **Carbohydrates:** 45g
- **Fiber:** 2g
- **Protein:** 25g
- **Cholesterol:** 70mg

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Preparing the Ingredients

Choosing the Chicken

For this recipe, frozen boneless, skinless chicken tenders work perfectly. They cook evenly and shred easily once tender. If you prefer, fresh chicken breasts or thighs can be substituted with equal success. The boiling step locks in the juices, ensuring the meat stays moist through the baking process. Once cooked, shredding the chicken gives you soft, flavorful pieces that blend seamlessly with the creamy rice.

The Essential Components

Aside from the chicken, the base ingredients — celery, onions, and rice — add structure and depth to the dish. The celery brings subtle freshness, the onion adds sweetness and aroma, and the rice binds everything together. Long-grain white rice (such as Carolina Gold) is ideal for its fluffy texture and ability to absorb the creamy sauce without turning mushy. The cream of chicken soup provides a luscious, velvety consistency that keeps this meal both rich and satisfying.

How to Make It

Step 1: Boil the Chicken

Start by preheating your oven to 350°F (175°C). In a large Dutch oven or oven-safe pot, bring six cups of water to a boil with a teaspoon of kosher salt. Add the frozen chicken tenders and boil uncovered for about 10 minutes, or until mostly cooked through. This step jump-starts the cooking process and infuses the broth with savory chicken flavor, which the rice will later absorb.

Step 2: Add the Vegetables and Rice

Once the chicken is nearly cooked, add chopped celery and onion to the pot. Stir well to combine. Next, add 1 ½ cups of long-grain rice and one can of condensed cream of chicken soup. Mix thoroughly until everything is evenly distributed. The soup will begin to melt into the broth, forming a creamy base that coats the rice and vegetables beautifully.

Step 3: Bake to Perfection

Cover the pot tightly with its lid and transfer it to your preheated oven. Bake for 45 minutes. During this time, the rice absorbs the liquid and the chicken finishes cooking, becoming tender enough to shred. The slow, gentle heat allows all the flavors to meld while keeping the sauce perfectly creamy.

Step 4: Shred and Serve

Remove the pot from the oven. Using two forks, shred the chicken into bite-sized pieces and stir it back into the rice mixture. The shredded chicken will soak up the remaining sauce, creating an even creamier consistency. Add freshly ground black pepper to taste and serve hot. The dish is comforting, aromatic, and incredibly satisfying straight from the pot.

Tips for Perfect One-Pot Chicken and Rice

Getting the Texture Right

The key to achieving the perfect consistency is balancing the liquid. The rice should be tender but not soggy, and the sauce should be creamy without feeling heavy. If your rice is too thick, stir in a splash of water or broth before serving to loosen it slightly. If it's too thin, let it rest uncovered for a few minutes — the rice will naturally absorb excess moisture.

Making It Your Own

This recipe is endlessly customizable. Add peas, carrots, or bell peppers for extra color and nutrition. Toss in herbs like thyme or parsley for an aromatic boost. For a bit of spice, mix in a pinch of red pepper flakes or a dash of hot sauce. If you prefer tangier flavors, replace the cream of chicken soup with a blend of sour cream and chicken broth. You can even swap chicken for tofu or tempeh for a vegetarian-friendly version.

The Secret to Its Creamy Texture

The Role of the Soup Base

The condensed cream of chicken soup is the secret behind this dish's creamy, velvety texture. As it bakes, it thickens naturally, blending with the rice and chicken broth to create a smooth sauce. Unlike sauces that separate or curdle, this one stays cohesive from the first bite to the last. The result is a consistency that's rich enough to coat the rice but light enough to enjoy comfortably.

How Slow Baking Enhances Flavor

The long, gentle bake at 350°F allows every component — rice, chicken, and vegetables — to cook evenly. The flavors deepen, the sauce thickens, and the chicken absorbs all the savory richness from the broth. This slow-cooked approach is what makes **Creamy One-Pot Chicken & Rice** so special. Each ingredient contributes to the final dish, resulting in perfect harmony of taste and texture.

Storage, Leftovers, and Reheating

Keeping It Fresh

This dish stores beautifully, making it ideal for meal prep. Once cooled, store leftovers in an airtight container in the refrigerator for up to three days. You can also freeze it for up to three months. To reheat, add a splash of broth or water to maintain its creamy consistency. Warm gently on the stove or in the oven until heated through.

Serving Ideas

Serve this dish as a main course on its own or pair it with a crisp green salad or steamed vegetables for balance. It's hearty enough to stand alone but also pairs well with a slice of cornbread or garlic toast. The leftovers taste even better the next day, as the flavors continue to develop overnight.

Frequently Asked Questions

Can I use fresh chicken instead of frozen?

Yes. Fresh chicken works perfectly and cooks slightly faster than frozen tenders.

Can I make this without cream of chicken soup?

Absolutely. Mix one cup of sour cream with one cup of broth and a tablespoon of flour for a homemade creamy substitute.

Can I make this gluten-free?

Yes. Use gluten-free condensed soup or make your own sauce using cornstarch and chicken broth.

What's the best rice to use?

Long-grain white rice gives the best texture, but you can also use basmati or jasmine for fragrance.

Can I make it ahead of time?

Yes. Assemble everything, refrigerate for up to 24 hours, and bake when ready to serve.

Conclusion

Creamy One-Pot Chicken & Rice is the perfect balance of simplicity and comfort. With its rich sauce, tender chicken, and soft rice, it brings Southern warmth to any kitchen. The ease of making everything in one pot means less cleanup and more flavor, making it ideal for busy families or anyone who loves classic comfort food. Once you make it, this recipe will become a weeknight favorite — reliable, satisfying, and always delicious.

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