

Easy Chicken and Rice Bowls: Quick Homemade Meal with Garlic Sauce

In the search for a quick homemade meal that is both healthy and satisfying, these **Easy Chicken and Rice Bowls** are a clear winner. Unlike one-pot meals or casseroles, these bowls are all about fresh, distinct components coming together. Tender, seasoned chicken, fluffy rice, and vibrant toppings are piled high and then drizzled with a delicious, creamy garlic sauce. This recipe is fast, endlessly customizable, and perfect for meal prep, making it a powerful solution for busy weeknights or healthy lunches.

The Appeal of Easy Chicken and Rice Bowls

A Fresh, Deconstructed Meal

The beauty of a “bowl” is its versatility. Each element is prepared separately, allowing every flavor and texture to shine. You get the savory, spiced chicken, the neutral base of rice, the pop of sweet corn, the earthy black beans, and the creamy avocado in every bite. This deconstructed approach feels modern, fresh, and lighter than a heavy, combined casserole. It allows each diner to customize their own bowl with their favorite toppings.

The Ultimate Meal Prep Solution

These chicken and rice bowls are tailor-made for meal prepping. You can cook a large batch of the seasoned chicken and a pot of rice on Sunday. Then, portion the rice and chicken into individual containers. Keep the toppings like beans, corn, and the garlic sauce in separate, small containers. When it is time to eat, you simply assemble your bowl in seconds. It is a healthy, quick homemade meal that is ready to go for lunches or dinners all week.

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- Author: [Aaron recipes](#)
- Total Time: [25 minutes](#)
- Yield: [4 bowls](#)

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Description

Simple, healthy, and quick homemade chicken and rice bowls loaded with seasoned chicken, fluffy rice, fresh toppings, and a delicious, easy-to-make creamy garlic sauce. Perfect for a fast dinner or meal prep.

Ingredients

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☐ For the Chicken: 1 lb Boneless, Skinless Chicken Breast (cut into chunks) 1 tbsp Olive Oil 1 tsp Paprika 1 tsp Garlic Powder 1/2 tsp Salt 1/4 tsp Pepper For the Garlic Sauce: 1/2 cup Plain Greek Yogurt 2 cloves Garlic (finely minced or grated) 1 tbsp Lemon Juice 1 tbsp Water (to thin) 1/4 tsp Salt For the Bowls: 2 cups Cooked Rice (White or Brown) 1 cup Corn (canned or frozen, thawed) 1 cup Black Beans (canned, rinsed) 1 Avocado (diced) Fresh Cilantro (chopped)

☐ Cook Mode Prevent your screen from going dark

Instructions

1. Cook Chicken: In a bowl, toss chicken chunks with olive oil, paprika, garlic powder, salt, and pepper. Heat a skillet over medium-high heat. Add chicken and cook for 6-8 minutes, stirring occasionally, until cooked through and browned. 2. Make Garlic Sauce: In a small bowl, combine Greek yogurt, minced garlic, lemon juice, water, and salt. Whisk until smooth. Adjust water for desired consistency. 3. Assemble Bowls: Divide the cooked rice among 4 bowls. Top the rice with the cooked chicken, corn, black beans, and diced avocado. 4. Drizzle the garlic sauce generously over each bowl. 5. Garnish with fresh cilantro and serve immediately.

Notes

The garlic sauce is key! Use fresh garlic for the best flavor. These bowls are great for meal prep: store chicken/rice, sauce, and cold toppings separately. You can substitute Greek yogurt with sour cream.

- Prep Time: 15 minutes
- Cook Time: 10 minutes
- Category: Dinner, Lunch, Main Course
- Method: Sautéing, Assembling
- Cuisine: American, Tex-Mex

Nutrition

- **Serving Size:** 1 bowl
- **Calories:** 490
- **Sugar:** 5g
- **Sodium:** 650mg
- **Fat:** 15g
- **Saturated Fat:** 3g
- **Unsaturated Fat:** 10g
- **Trans Fat:** 0g
- **Carbohydrates:** 50g
- **Fiber:** 10g
- **Protein:** 40g
- **Cholesterol:** 70mg

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Crafting the Perfect Homemade Garlic Sauce

The Simple Ingredients

The garlic sauce is what ties the entire bowl together. It is incredibly simple but delivers a huge punch of flavor. The base is plain Greek yogurt, which provides a creamy texture and a healthy, tangy foundation. This is mixed with finely minced or grated fresh garlic—fresh is non-negotiable for the best flavor. A squeeze of fresh lemon juice adds brightness and acidity, while a pinch of salt and a splash of water thin the sauce to a perfect, drizzly consistency.

Why Greek Yogurt Works

Using Greek yogurt instead of sour cream or mayonnaise keeps this sauce light, fresh, and protein-packed. Its natural tang complements the savory spices on the chicken and the lemon juice. It creates a sauce that is creamy and indulgent without being heavy. If you do not have Greek yogurt, sour cream is the next best substitute, though it will be slightly less tangy.

Key Components for Your Quick Homemade Meal

Seasoning and Cooking the Chicken

For this quick meal, we use boneless, skinless chicken breast cut into bite-sized chunks. The pieces are tossed in a simple but flavorful spice blend of paprika, garlic powder, salt, and pepper, along with a bit of olive oil. They are then cooked in a hot skillet over medium-high heat. This high-heat, short-time cooking method gives the chicken a beautiful brown crust on the outside while keeping the inside juicy and tender.

Building the Bowl Base

The foundation of the bowl starts with rice. You can use any kind you prefer: classic fluffy white rice, nutritious brown rice, or even other grains like quinoa. This base layer is perfect for absorbing the garlic sauce and the juices from the chicken. The bowls are then built upon with canned and rinsed black beans, thawed frozen or canned corn, and creamy diced avocado. These toppings add fiber, color, and a wonderful mix of textures.

Step-by-Step Assembly Instructions

Preparing the Components

First, cook your rice according to its package directions. While the rice is cooking, prepare the chicken. Toss the chicken chunks with olive oil and seasonings. Cook in a hot skillet for 6-8 minutes until browned and cooked through. As the chicken cooks, whisk together all the ingredients for the garlic sauce: Greek yogurt, minced garlic, lemon juice, salt, and water. Finally, prepare your toppings: rinse the beans, drain the corn, and dice the avocado.

Assembling the Final Bowls

Once all your components are ready, assembly is simple. Divide the cooked rice evenly among four bowls. Top the rice with a generous portion of the seasoned chicken. Arrange the black beans, corn, and diced avocado in sections around the chicken. Finally, drizzle the homemade garlic sauce generously over everything. Garnish with a sprinkle of fresh, chopped cilantro for a burst of fresh, herbal flavor.

How to Meal Prep These Bowls for the Week

Batch Cooking the Core Ingredients

To streamline your week, dedicate about 30 minutes to batch cooking. Cook a large pot of rice or quinoa. At the same time, cook all of your seasoned chicken. Let both the chicken and rice cool completely. This cooling step is important to prevent a mushy texture when stored. This batch-cooking method is the key to a truly quick homemade meal later.

Proper Storage for Freshness

Portion the cooled rice and chicken into 4-5 airtight meal prep containers. This is your “base.” Store your “wet” toppings (like the garlic sauce) and your “dry” toppings (like beans and corn) in separate, smaller containers. Keep the avocado whole and only slice it just before serving to prevent it from browning. This separation keeps the rice fluffy, the toppings fresh, and the sauce from making anything soggy.

Bowl Topping Ideas Beyond the Basics

Adding More Vegetables

These easy chicken and rice bowls are a blank canvas for any vegetables you have on hand. Add shredded lettuce or cabbage for a fresh crunch. Sliced radishes or pickled red onions add a sharp, zesty bite. Other great additions include cherry tomatoes, sliced bell peppers, or roasted vegetables like broccoli or sweet potatoes.

Fun Toppings and Garnishes

Beyond the basics, you can add even more flavor and texture. A sprinkle of cotija cheese or feta adds a salty, savory element. A handful of crushed tortilla strips or toasted pumpkin seeds (pepitas) provides a great crunch. For a bit of heat, add a few slices of fresh or pickled jalapeño.

Topping Category	Examples
Crunchy	Crushed Tortilla Strips, Toasted Pepitas, Sliced Radishes
Creamy	Sliced Avocado, Cotija Cheese, Feta Cheese
Zesty/Spicy	Pickled Red Onions, Pickled Jalapeños, Fresh Cilantro
Vegetable	Shredded Lettuce, Diced Tomatoes, Roasted Sweet Potato

Nutritional Benefits of This Balanced Meal

A Complete, Healthy Dinner

This quick homemade meal is a powerhouse of nutrition. You get high-quality, lean protein from the chicken and Greek yogurt. The rice provides complex carbohydrates for sustained energy. The black beans and avocado deliver healthy fats and a significant amount of dietary fiber, which is essential for digestive health and keeping you feeling full and satisfied.

Controlling the Ingredients

Unlike takeout bowls, making your own at home gives you complete control over the ingredients. You can control the amount of salt in the chicken seasoning and the sauce. You can choose to use brown rice instead of white, or add extra vegetables to boost the vitamin content. This level of control is essential for anyone following a specific dietary plan or simply trying to eat a cleaner, healthier diet.

Frequently Asked Questions

How long will the garlic sauce last in the fridge?

The garlic sauce will last for up-action to 5-7 days in an airtight container in the refrigerator. The garlic flavor may even mellow and improve after the first day. Give it a good stir before using.

Can I make this with shrimp or beef?

Absolutely. This recipe is a fantastic template. You could substitute the chicken with seasoned shrimp (which cook even faster), ground beef or turkey, or even steak strips. For a vegetarian option, use a can of chickpeas (drained and seasoned) or cubes of firm tofu.

My sauce is too thick (or thin). How do I fix it?

This is very easy to adjust. The thickness of Greek yogurt can vary by brand. If your sauce is too thick, simply whisk in more water, one teaspoon at a time, until you reach a drizzly consistency. If it is too thin, you can add a bit more Greek yogurt to thicken it.

Conclusion

These **Easy Chicken and Rice Bowls** are the perfect answer to the weeknight dinner dilemma. They are a quick homemade meal that is fresh, vibrant, and packed with flavor, thanks in large part to the zesty homemade garlic sauce. The beauty of this recipe lies in its adaptability; it is perfect for a fast 25-minute dinner or for a week's worth of prepped, healthy lunches. It is a balanced, satisfying, and delicious way to eat well without spending hours in the kitchen. If you love the quick assembly of these bowls, you'll also appreciate the speed of our **one-pot queso chicken and rice**.

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