

Simple Chicken and Rice One Pot Meal

There's something magical about a recipe that brings comfort, flavor, and simplicity together in one pot. **Simple Chicken and Rice One Pot Meal** is exactly that — hearty, creamy, and full of flavor without the fuss. It's a family-friendly dish that requires minimal prep, minimal cleanup, and delivers maximum satisfaction. With tender chicken, fluffy rice, and a rich sauce infused with herbs and garlic, this easy recipe captures the essence of wholesome home cooking. Perfect for weeknights or cozy weekends, it's comfort food made simple.

The Appeal of One-Pot Cooking

Why One-Pot Meals Are Perfect for Busy Cooks

One-pot meals are every home cook's dream. They save time, cut down on dishes, and allow flavors to blend perfectly as everything cooks together. With this **Simple Chicken and Rice One Pot Meal**, you get a rich, flavorful sauce, tender chicken, and perfectly cooked rice — all from the same pot. The best part? You can have dinner on the table in less than an hour, and your kitchen stays clean and organized.

A Dish Rooted in Comfort

The combination of chicken and rice has been a classic for generations. It's hearty, filling, and endlessly adaptable. This version takes inspiration from Southern-style comfort food but simplifies it with easy steps and straightforward ingredients. The result is a creamy, aromatic dish that feels like home with every bite. If you enjoy one-pan meals that deliver bold flavor with minimal effort, try the [Easy One Pan Cajun Chicken Rice](#) for a spicier, Cajun-inspired twist.

One Pot Chicken and Rice Recipe

Simple Chicken and Rice One Pot Meal

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

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Description

A creamy, flavorful Simple Chicken and Rice One Pot Meal featuring tender chicken, garlic, Parmesan cheese, and perfectly cooked rice for an easy family dinner.

Ingredients

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Scale

- ☐ 1½ lbs boneless, skinless chicken breasts, diced
 - ☐ 2 tbsp olive oil
 - ☐ 3 cloves garlic, minced
 - ☐ 1 tbsp Italian seasoning, divided
 - ☐ ½ tsp onion powder
 - ☐ Salt and pepper, to taste
 - ☐ 2½ cups chicken broth
 - ☐ 1 cup uncooked long-grain white rice
 - ☐ ¾ cup heavy cream
 - ☐ ? cup grated Parmesan cheese
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Season diced chicken with salt, pepper, and Italian seasoning.
2. In a large skillet, heat olive oil over medium-high heat. Add chicken and cook until browned on all sides. Remove and set aside.
3. In the same skillet, sauté minced garlic for 30 seconds until fragrant.
4. Add chicken broth and uncooked rice. Bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes.
5. Stir in heavy cream and Parmesan cheese until creamy.

6. Return chicken to the skillet and add remaining seasoning and onion powder.

7. Stir well, season to taste, and serve hot.

Notes

Add peas, mushrooms, or spinach for extra nutrition and color.

Use half-and-half instead of heavy cream for a lighter option.

Add crushed red pepper flakes for spice.

Store leftovers for 3 days in the fridge or 2 months in the freezer.

Reheat with a splash of broth or milk to restore creaminess.

- Prep Time: 10 minutes
- Cook Time: 30 minutes
- Category: Main Course
- Method: One Pot, Stovetop
- Cuisine: American, Southern

Nutrition

- **Serving Size:** 1 plate
- **Calories:** 480
- **Sugar:** 3g
- **Sodium:** 630mg
- **Fat:** 18g
- **Saturated Fat:** 8g
- **Unsaturated Fat:** 6g
- **Trans Fat:** 0g
- **Carbohydrates:** 45g
- **Fiber:** 1g
- **Protein:** 38g
- **Cholesterol:** 110mg

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Preparing the Ingredients

Choosing the Chicken

Boneless, skinless chicken breasts are the go-to for this recipe because they cook quickly and evenly. If you prefer darker meat, boneless thighs work beautifully for a juicier texture. Cut the chicken into bite-sized cubes so it browns evenly and cooks through perfectly. A quick seasoning of salt, pepper, and Italian herbs builds a flavor base that shines through the final dish.

Essential Flavor Builders

This dish relies on a few key ingredients to create depth and creaminess — garlic, chicken broth, heavy cream, and Parmesan cheese. Garlic adds aroma, while the broth provides richness that seeps into every grain of rice. Heavy cream and Parmesan turn the sauce luxuriously creamy, coating the chicken and rice for a silky, restaurant-quality texture.

How to Make Simple Chicken and Rice One Pot Meal

Step 1: Prep and Sear the Chicken

Start by dicing your chicken into small, even pieces. Season with salt, pepper, and Italian seasoning. In a large skillet or Dutch oven, heat olive oil over medium-high heat. Add the chicken and cook for about five minutes until golden brown on all sides. Don't worry about cooking it completely — it will finish later in the sauce. Remove the chicken from the skillet and set it aside, keeping all those flavorful bits in the pan.

Step 2: Sauté Garlic and Toast the Rice

In the same skillet, add minced garlic and sauté for 30 seconds until fragrant. The garlic releases its oils, infusing the base with deep flavor. Next, pour in the chicken broth and uncooked long-grain rice. Stir everything together, scraping up any browned bits from the bottom of the pan. Bring the mixture to a boil, then reduce heat to low. Cover and simmer for about 20 minutes, stirring occasionally until the rice has absorbed most of the liquid.

Step 3: Add the Creamy Components

Once the rice is tender, stir in heavy cream and grated Parmesan cheese. These two ingredients create the luscious, creamy texture that makes this dish so irresistible. Return the chicken to the skillet, along with any juices it released. Stir to combine, coating everything in the rich sauce. Let it simmer for a few minutes so the flavors meld together beautifully.

Perfecting the Texture and Flavor

Achieving Creamy Perfection

The secret to the perfect sauce is balance. If the sauce feels too thick, add a splash of chicken broth or milk to loosen it. If it's too thin, let it simmer uncovered for a few extra minutes until it thickens naturally. The Parmesan will continue to melt into the sauce as it cools, giving it a silky consistency that clings to every grain of rice.

Seasoning to Taste

Before serving, taste the dish and adjust the seasoning. A pinch of extra salt enhances the richness, while black pepper adds a gentle bite. If you want to elevate the flavor even more, add a squeeze of lemon juice or a sprinkle of fresh parsley for a burst of freshness.

Variations and Add-Ins

Customize It Your Way

One of the best things about this **Simple Chicken and Rice One Pot Meal** is how versatile it is. You can easily make it your own by adding vegetables like peas, spinach, or mushrooms for color and nutrition. For extra indulgence, stir in a handful of shredded mozzarella or cheddar cheese. Love spice? A pinch of red pepper flakes or a dash of Cajun seasoning gives it a lively kick.

Healthier Options

If you're watching calories, swap heavy cream for half-and-half or evaporated milk. Use brown rice instead of white for more fiber, but remember it will take longer to cook and require more broth. You can also substitute light Parmesan for a lower-fat option.

Storage, Reheating, and Serving

Storing Leftovers

This dish stores wonderfully for meal prep. Once cooled, transfer leftovers to an airtight container. Refrigerate for up to three days or freeze for up to two months. To reheat, add a splash of broth or milk and warm over low heat until creamy again. The sauce will thicken slightly in the fridge, but a bit of liquid restores its perfect texture.

Serving Suggestions

Serve this dish hot, directly from the skillet. It's hearty enough to stand alone but also pairs beautifully with a crisp side salad or roasted vegetables. Garlic bread or dinner rolls are excellent for soaking up the creamy sauce. For presentation, sprinkle extra Parmesan and parsley on top before serving — it's simple yet elegant.

Pro Tips for Success

Keep It Balanced

The key to success is timing. Let the rice absorb the broth fully before adding cream, so it stays fluffy and the sauce doesn't turn runny. Stir often to prevent the rice from sticking to the bottom of the pan.

Make It Ahead

This dish reheats beautifully, making it perfect for meal prepping or cooking ahead of time. If you plan to serve it later, slightly undercook the rice during the first simmer — it will finish perfectly when reheated.

Frequently Asked Questions

Can I use pre-cooked chicken?

Yes! Add it back in after the rice is cooked to heat through.

Can I replace Parmesan cheese?

You can use Romano or Asiago cheese for similar flavor.

Can I make it dairy-free?

Yes. Substitute coconut cream and nutritional yeast for cream and cheese.

Can I double the recipe?

Yes, just use a larger pot or Dutch oven to ensure even cooking.

Can I add vegetables?

Definitely. Peas, carrots, or broccoli blend perfectly with the creamy base.

Conclusion

Simple Chicken and Rice One Pot Meal is everything a home-cooked dinner should be — flavorful, filling, and comforting. With tender chicken, creamy rice, and a Parmesan-rich sauce, it's the kind of meal that pleases everyone at the table. Easy enough for busy weeknights yet delicious enough for weekends, it's a true crowd-pleaser that you'll come back to again and again. The beauty of this dish lies in its simplicity — one pot, easy cleanup, and maximum flavor.

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