

Simple Creamy Smothered Chicken and Rice: Easy Home Cooked Meal

When you crave a meal that is pure, unadulterated comfort, this **Simple Creamy Smothered Chicken and Rice** is the answer. This is an easy home-cooked meal that feels like it came straight from a classic Southern kitchen. It features tender, pan-fried chicken cutlets gently simmered in a rich, savory onion and garlic gravy. This delicious chicken and gravy is then served generously over a bed of fluffy white rice, which acts as the perfect vehicle to soak up every last drop of the creamy sauce. It is a satisfying, soulful dish that is surprisingly simple to make.

The Ultimate Easy Home Cooked Meal: Smothered Chicken

Comfort in Every Bite

This dish is the epitome of comfort food. The process of dredging chicken in seasoned flour, browning it, and then “smothering” it in a homemade gravy is a classic technique. The result is incredibly tender chicken and a gravy that is bursting with flavor from the caramelized onions, garlic, and chicken drippings. Serving it over rice makes it a complete, hearty meal that warms you up from the inside out. It is the perfect dinner for a chilly evening or a Sunday family gathering.

Surprisingly Simple Technique

While the name “smothered chicken” sounds complex, the technique is straightforward and perfect for a home cook. You are essentially building a delicious pan sauce. The seasoned flour used to dredge the chicken not only creates a golden-brown crust but also helps to thicken the gravy later. Every step builds upon the last in a single skillet, which concentrates the flavor and simplifies the process. This easy home-cooked meal delivers a high-reward result for a very manageable amount of effort.

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- Author: [Aaron recipes](#)
- Total Time: [45 minutes](#)
- Yield: [4 servings 1x](#)

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Description

A simple, easy home-cooked meal of tender chicken cutlets pan-fried and then simmered in a rich, creamy onion and garlic gravy. This Smothered Chicken is served over a bed of fluffy rice for the ultimate comfort food dinner.

Ingredients

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Scale 1x 2x 3x

☐ 4 Boneless, Skinless Chicken Breasts (thinly sliced or pounded thin) 1/2 cup All-Purpose Flour 1 tsp Garlic Powder 1 tsp Onion Powder Salt and Pepper to taste 2 tbsp Olive Oil 1 large Onion (thinly sliced) 3 cloves Garlic (minced) 2 tbsp Butter 2 tbsp All-Purpose Flour 2 cups Chicken Broth 1/2 cup Heavy Cream Cooked Rice (for serving) Fresh Parsley (for garnish)

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Instructions

1. In a shallow dish, combine 1/2 cup flour, garlic powder, onion powder, salt, and pepper. Dredge the chicken cutlets in the flour mixture, shaking off excess. 2. Heat olive oil in a large skillet over medium-high heat. Brown the chicken on both sides, about 3-4 minutes per side. (It does not need to be cooked through). Remove chicken from the skillet. 3. To the same skillet, add the butter and sliced onions. Cook, stirring often, until onions are softened and caramelized, about 8-10 minutes. 4. Add the minced garlic and cook for 1 minute. 5. Sprinkle 2 tbsp of flour over the onions and stir constantly for 1 minute to cook the raw flour taste out. 6. Slowly whisk in the chicken broth, ensuring no lumps form. Bring to a simmer. 7. Stir in the heavy cream. 8. Return the browned chicken to the skillet, nestling it into the gravy. 9. Reduce heat to low, cover, and simmer for 10-15 minutes, or until the chicken is cooked through and the gravy has thickened. 10. Serve the smothered chicken and gravy generously over beds of hot cooked rice. Garnish with parsley.

Notes

Pounding the chicken thin ensures it cooks quickly and stays tender. Use low-sodium broth to control the saltiness. Whisk the broth in slowly to prevent a lumpy gravy.

- Prep Time: 15 minutes
- Cook Time: 30 minutes
- Category: Dinner, Main Course
- Method: Sautéing, Simmering

- Cuisine: **Southern, American**

Nutrition

- **Serving Size:** 1 serving
- **Calories:** 520
- **Sugar:** 4g
- **Sodium:** 710mg
- **Fat:** 28g
- **Saturated Fat:** 12g
- **Unsaturated Fat:** 14g
- **Trans Fat:** 0g
- **Carbohydrates:** 25g
- **Fiber:** 2g
- **Protein:** 42g
- **Cholesterol:** 120mg

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What Does “Smothered” Mean in Southern Cooking?

A Classic Culinary Term

In Southern and Creole cooking, “smothering” is a technique where meat or poultry is first pan-fried to create a flavorful crust and then slowly simmered in a covered pot with gravy or sauce until it is incredibly tender. This recipe applies that classic technique. The chicken is browned for flavor and then gently simmers in the creamy onion gravy, allowing it to absorb all the savory notes while becoming perfectly cooked and juicy.

More Than Just Gravy

The gravy in a smothered dish is more than just a topping; it is the cooking medium. By simmering the chicken *in* the gravy, the flavors of the chicken and the gravy meld completely. The gravy in this recipe is built from caramelized onions, garlic, chicken broth, and heavy cream, all thickened by a “roux” made from butter and the flour left over from browning the onions. This creates a rich, cohesive, and deeply flavorful sauce that is the heart of the dish.

Ingredients for the Richest, Creamiest Gravy

The All-Important Roux

The base for the gravy’s thickness is a simple roux. After browning the chicken, you sauté sliced onions in butter in the same skillet. Once the onions are soft and caramelized, you sprinkle them with all-purpose flour. This flour is stirred and cooked for one minute. This “cooking out the raw

flour taste” is a critical step. This mixture of fat (butter) and flour (the roux) will then thicken the chicken broth and cream into a lump-free, velvety gravy.

Broth and Cream for Flavor

For the liquid component, this recipe uses a combination of chicken broth and heavy cream. The chicken broth provides a savory, salty, and deep flavor base. Low-sodium broth is recommended so you can control the final saltiness of the dish. The heavy cream, stirred in at the end, is what makes the gravy “creamy.” It adds a luxurious richness, a silky-smooth texture, and a pale, appealing color that defines this simple creamy smothered chicken.

How to Make Simple Creamy Smothered Chicken

Preparing and Browning the Chicken

First, prepare your chicken cutlets. Pounding them thin (about 1/2-inch thick) ensures they cook quickly and evenly, resulting in maximum tenderness. In a shallow dish, combine all-purpose flour with garlic powder, onion powder, salt, and pepper. Dredge each chicken cutlet in this seasoned flour, making sure to coat it well. Heat olive oil in a large skillet and brown the chicken on both sides. This takes about 3-4 minutes per side. Remove the chicken and set it aside.

Building the Pan Gravy

To the same skillet, add butter and the thinly sliced onion. Cook, stirring often, until the onions are soft, sweet, and caramelized (about 8-10 minutes). Add the minced garlic and the 2 tablespoons of flour. Stir constantly for one minute. Slowly, while whisking, pour in the chicken broth. Scrape the bottom of the pan to release all the browned bits. Bring to a simmer, then stir in the heavy cream. Return the browned chicken to the skillet, nestling it into the gravy. Cover, reduce the heat, and simmer for 10-15 minutes.

The Best Rice Pairings for This Dish

Classic Long-Grain White Rice

The traditional and arguably best pairing for this simple creamy smothered chicken is simple, fluffy long-grain white rice. White rice has a mild, neutral flavor and a soft texture that provides the perfect “bed” for the chicken. Its primary role is to be a vehicle for the star of the show: the gravy. The rice soaks up the rich, creamy sauce, ensuring that you get to enjoy every last delicious drop.

Other Rice and Grain Options

While white rice is classic, you are not limited to it. If you prefer a nuttier, chewier texture, brown rice also works well. Just be sure to cook it separately according to its own, longer cooking time. This dish is also fantastic served over other bases. For a truly decadent meal, try serving it over creamy mashed potatoes, buttery egg noodles, or even savory grits.

Making It a Complete Meal: Side Dish Ideas

Simple Green Vegetables

Because the main dish is so rich and savory, the best side dishes are simple, green, and have a bit of texture. Steamed or roasted asparagus, simple boiled green beans (perhaps with a few almonds), or sautéed spinach with garlic are all excellent choices. A side of steamed broccoli florets also adds a nice color and fresh flavor to the plate.

Contrasting Flavors

To cut through the richness of the cream gravy, a side with some acidity or sweetness is a great idea. A simple side salad with a tangy vinaigrette can provide a fresh, sharp contrast. For a more Southern-style meal, consider serving it with braised collard greens (which often have a vinegary kick) or sweet, glazed carrots.

Side Dish Type	Examples
Simple Greens	Steamed Asparagus, Sautéed Spinach, Roasted Broccoli
Southern Classics	Braised Collard Greens, Creamed Corn, Fried Okra
Fresh/Acidic	Simple Green Salad with Vinaigrette, Quick-Pickled Cucumbers
Hearty	Buttermilk Biscuits, Cornbread

Troubleshooting: Common Gravy Mistakes to Avoid

Lumpy Gravy

Lumps in gravy are almost always caused by adding the liquid too quickly to the flour. To avoid this, once you have your roux (the cooked butter/flour/onion mixture), add the chicken broth *slowly*. Pour in about a quarter of the broth while whisking constantly. Once that is smooth, add the rest of the broth and continue to whisk until it simmers. This gradual incorporation ensures a silky-smooth gravy.

Gravy is Too Thin or Too Thick

If your gravy is too thin, it is likely it just needs to simmer a bit longer (uncovered) to reduce and thicken. If it is still too thin, you can make a “slurry” by whisking 1 tablespoon of cornstarch with 2 tablespoons of cold water, then slowly pouring that into the simmering gravy. Conversely, if your gravy is too thick, simply whisk in a bit more chicken broth or water, a splash at a time, until it reaches your desired consistency.

Frequently Asked Questions

Can I use chicken thighs for this recipe?

Yes, boneless, skinless chicken thighs are an excellent substitute for breasts. They are naturally more tender and flavorful. The cooking process is identical: dredge, brown, and simmer in the gravy.

What can I use instead of heavy cream?

For a lighter version, you can substitute heavy cream with half-and-half or evaporated milk. The gravy will be slightly less rich and creamy, but still delicious. Do not use regular milk, as it has a high chance of “breaking” or curdling when simmered.

Can I make this dish ahead of time?

Yes, this dish reheats beautifully. You can make the entire dish, let it cool, and store it in an airtight container in the refrigerator for up to 3 days. Reheat gently in a covered skillet over low heat, adding a splash of chicken broth to loosen the gravy.

Conclusion

This **Simple Creamy Smothered Chicken and Rice** is the very essence of an easy home-cooked meal. It is a recipe that tastes like it took hours of slow simmering, but it comes together quickly enough for a weeknight. The combination of tender, juicy chicken, a deeply savory and creamy onion gravy, and fluffy rice is a timeless classic for a reason. It is nourishing, decadent, and a true taste of home. This creamy, savory dish is pure comfort, just like the cheesy goodness found in our **one-pot queso chicken and rice**.

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