

One-Pan Cajun Chicken, Sausage & Rice: Easy & Flavorful Dinner

One-Pan Cajun Chicken, Sausage, and Rice



TIME
5-7 min

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INGREDIENTS

- 1 lb boneless, skinless chicken thighs (or breasts), cut into bite-sized pieces
- 1 lb smoked sausage (andouille or kielbasa recommended), sliced
- 1 tablespoon olive oil
- 1 onion, diced
- 1 bell pepper (red or green), diced
- 3 cloves garlic, minced
- 1 cup long-grain rice (like jasmine or regular long-grain white rice)
- 2 ½ cups chicken broth (low-sodium recommended)
- 2 tablespoons Cajun seasoning (store-bought or homemade)
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 cup frozen peas (optional)
- Salt and pepper to taste
- Green onions, chopped (for garnish)

Swaps and Notes:

Chicken Thighs: Boneless, skinless chicken thighs are recommended for their juiciness and flavor. Boneless, skinless chicken breasts can be used, but cook them carefully to avoid drying out.

Smoked Sausage: Andouille sausage is traditional for Cajun dishes and offers a spicy kick. Kielbasa or any other good quality smoked sausage works too.

Bell Pepper: Red bell pepper adds sweetness, while green bell pepper offers a classic savory taste.

Use a mix of colors for visual appeal and balanced flavor.

Cajun Seasoning: Use your favorite brand of store-bought Cajun seasoning (like Tony Chachere's or Slap Ya Mama), or make your own blend of paprika, garlic powder, onion powder, cayenne pepper, oregano, thyme, salt, and black pepper. Adjust to your preferred spice level.

Rice: Long-grain white rice works best for this recipe. Do not use instant rice.

Diced Tomatoes: Undrained diced tomatoes add essential moisture and flavor. Fire-roasted diced tomatoes can add a smoky depth.

Frozen Peas: Optional, but they add a nice pop of color and sweetness at the end. You can also add corn kernels.

Garnish: Fresh chopped green onions add a final burst of freshness and color.

DIRECTIONS

1. Let's get this fantastic : One-Pan Cajun Chicken, Sausage, and Rice cooking!
2. Prepare : Ingredients: Gather all your ingredients. Cut the boneless, skinless chicken thighs (or breasts) into bite-sized pieces and slice the smoked sausage into rounds or half-moons. Dice the onion and bell pepper, and mince the garlic.
3. Cook : Protein: In a large skillet or Dutch oven (one with a tight-fitting lid), heat the 1 tablespoon of olive oil over medium heat. Add the chicken pieces and sliced sausage to the hot pan. Cook for about 5-7 minutes, stirring occasionally, until the chicken is browned and cooked through, and the sausage has a nice sear. Remove the cooked chicken and sausage from the pan and set them aside on a plate.
4. SautØ Vegetables: In the same pan, add the diced onion and bell pepper (no need for more oil, use the residual fat from the sausage and chicken). SautØ for 3-4 minutes until the vegetables begin to soften. Add the minced garlic and sautØ for an additional 1 minute until fragrant. Be careful not to burn the garlic.
5. Add : Rice: Stir in the 1 cup of long-grain rice to the pan with the sautØed vegetables. Allow it to toast slightly for about 1-2 minutes, stirring constantly. This step adds a nutty flavor to the rice.
6. Combine : Ingredients: Return the cooked chicken and sausage to the pan with the rice and vegetables. Add the 2 ½ cups of chicken broth, the entire can of diced tomatoes (with their juice), and the 2 tablespoons of Cajun seasoning. Stir everything together thoroughly to combine.

7. **Cook:** Bring the mixture to a boil over medium-high heat. Once boiling, reduce the heat to low, cover the pan tightly with a lid, and let it simmer for about 20-25 minutes, or until the rice is cooked through and has absorbed most of the liquid. If you're using frozen peas, stir them in during the last 5 minutes of cooking.
8. **Adjust : Seasoning:** Remove the pan from the heat. Taste the dish and adjust seasoning with additional salt, pepper, or more Cajun seasoning if desired. Remember that Cajun seasoning can be quite salty, so taste before adding extra salt.
9. **Serve:** Fluff the rice gently with a fork. Garnish generously with chopped green onions before serving. Enjoy your delicious One-Pan Cajun Chicken, Sausage, and Rice!

SWAPS & NOTES

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Boneless, skinless chicken breasts can be used, but cook them carefully to avoid drying out.

Smoked Sausage: Andouille sausage is traditional for Cajun dishes and offers a spicy kick.

Kielbasa or any other good quality smoked sausage works too.

TIPS FOR SUCCESS

Sear Proteins First: Browning the chicken and sausage before adding other ingredients builds a crucial layer of flavor in the pan, which then infuses the entire dish.

Don't Overcook Rice: Simmer on low heat with the lid on, and don't stir too much, which can make the rice mushy.

The 20-25 minute cook time is generally ideal.

Toast the Rice: Briefly toasting the dry rice before adding liquid adds a nice depth of flavor.

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