

Smothered Chicken & Rice: Creamy, Hearty & Comforting Dinner

Smothered Chicken and Rice: A Warm, Hearty Hug in a Bowl



TIME
5 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 4 boneless, skinless chicken breasts (or thighs), cut into chunks
- 2 tbsp olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 cup chicken broth
- 1/2 cup heavy cream
- 1/2 cup diced tomatoes (optional)
- 1 tsp paprika
- 1 tsp dried thyme
- 1/2 tsp cayenne pepper (adjust to taste)
- Salt and pepper, to taste
- 2 tbsp fresh parsley, chopped (for garnish)
- 2 cups cooked white rice (for serving)

DIRECTIONS

1. Let's get this delicious Smothered Chicken and Rice on your table!
2. Cook the : Chicken: Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Season the chicken pieces generously with salt, pepper, and paprika. Add the seasoned chicken to the hot skillet and sear until it's golden brown on all sides, about 5 minutes. The chicken doesn't need to be cooked through at this point, just nicely browned for flavor. Remove the seared chicken from the skillet and set it aside.
3. SautØ the Aromatics: In the same skillet (no need to clean it; those browned bits are flavor!), add the diced onion. Cook over medium heat, stirring occasionally, until the onion softens and becomes translucent, about 3-4 minutes. Stir in the minced garlic and cook for another 1 minute until it's fragrant.
4. Prepare the : Sauce Base: Pour in the chicken broth and heavy cream. If using, add the diced tomatoes. Stir in the dried thyme and cayenne pepper. Bring the mixture to a gentle simmer, stirring occasionally, and let it cook for 3-4 minutes to allow the flavors to meld and the sauce to begin thickening slightly.
5. Combine and : Simmer: Return the seared chicken to the skillet, nestling the pieces into the simmering sauce. Reduce the heat to low, cover the skillet, and let it simmer for 10-15 minutes, or until the chicken is fully cooked through (an internal temperature of 165°F/74°C) and the sauce has thickened to your desired consistency. Taste the sauce and adjust salt and pepper if needed.

6. **Serve:** While the chicken simmers, ensure your white rice is cooked and ready. Spoon the fluffy cooked rice onto individual plates or bowls. Top generously with the hot smothered chicken and plenty of the creamy sauce. Garnish with freshly chopped parsley for a burst of color and freshness. Enjoy this warm, hearty dish!

SWAPS & NOTES

Chicken: While boneless, skinless chicken breasts are convenient, boneless, skinless chicken thighs offer even more juiciness and flavor, and are often more budget-friendly.

Cook time might be slightly longer for thighs.

Tomatoes: The diced tomatoes add a lovely hint of acidity and color to the sauce.

If you prefer a purely creamy sauce, you can omit them.

TIPS FOR SUCCESS

Sear for Flavor: Don't skip searing the chicken first!

This creates a flavorful crust and adds depth to your sauce.

Don't Overcook Chicken: Once the chicken is in the sauce, simmer it gently to keep it tender and juicy.

Overcooking can lead to dry chicken.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/smothered-chicken-rice-creamy-hearty-comforting-dinner/>