

## One-Pan Chicken & Rice Skillet Meal: Quick, Comforting & Delicious

1 lb boneless, skinless chicken breast or thighs, cut into bite-sized pieces



**TIME**  
**5-7 min**

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### INGREDIENTS

- 1 tbsp olive oil
- 1 lb boneless, skinless chicken breast or thighs, cut into bite-sized pieces
- 1 medium onion, diced
- 1 bell pepper (any color), diced
- 2 cloves garlic, minced
- 1 cup uncooked long-grain white rice (rinsed)
- 2 cups chicken broth (low-sodium recommended)
- 1 (14.5 oz) can diced tomatoes, undrained
- 1 tsp dried Italian seasoning
- $\frac{1}{8}$  tsp paprika
- Salt and black pepper, to taste
- $\frac{1}{4}$  cup frozen peas (optional)
- 1 cup shredded cheddar or Monterey Jack cheese
- Fresh chopped parsley or cilantro for garnish (optional)

### DIRECTIONS

- 1. Saut  Chicken & Veggies:** Heat 1 tablespoon olive oil in a large, deep skillet or Dutch oven with a lid over medium-high heat. Add the chicken pieces and cook, stirring, until lightly browned and almost cooked through, about 5-7 minutes. Add the diced onion and diced bell pepper to the skillet. Cook, stirring occasionally, for 5-7 minutes, until the vegetables begin to soften. Stir in the minced garlic and cook for 1 more minute until fragrant.
- 2. Add Rice & Liquids:** Add the 1 cup rinsed uncooked long-grain white rice to the skillet, stirring for 1 minute to toast it lightly. Pour in the 2 cups chicken broth and the 1 (14.5 oz) can diced tomatoes (undrained). Stir in the 1 teaspoon dried Italian seasoning and  $\frac{1}{8}$  teaspoon paprika. Season with salt and black pepper to taste.
- 3. Simmer the Skillet Meal:** Bring the mixture to a gentle boil. Once boiling, reduce the heat to low, cover the skillet tightly with a lid, and let it simmer for 18-20 minutes, or until the rice is tender and most of the liquid has been absorbed. Avoid lifting the lid too often during this time. If using frozen peas, stir them in during the last 5 minutes of simmering.
- 4. Finish with Cheese & Serve:** Once the rice is cooked and tender, remove the skillet from heat. Stir in 1 cup shredded cheddar or Monterey Jack cheese until melted and well combined. Let the skillet meal rest, covered, for 5 minutes before serving. This allows the flavors to meld further. Garnish with fresh chopped parsley or cilantro if desired. Serve warm and enjoy your easy, cheesy, and satisfying Weeknight Skillet

Rice Meal!

### SWAPS & NOTES

Chicken: Boneless, skinless chicken breasts or thighs work perfectly.

Ensure chicken is cut into uniform bite-sized pieces for even cooking.

Rice: Long-grain white rice is ideal as it cooks evenly in the skillet.

Ensure it's rinsed under cold water until clear to prevent stickiness.

### TIPS FOR SUCCESS

**Rinse Rice:** Rinsing rice helps remove excess starch, leading to fluffier rice that won't stick together.

**Don't Overcrowd Skillet:** Ensure there's enough space for ingredients to cook evenly.

**Tight-Fitting Lid:** A tight lid is crucial for simmering the rice properly and trapping steam.

**Don't Peek:** Resist the urge to lift the lid too often while the rice is simmering, as this releases steam and prolongs cooking time.

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