

The Ultimate One-Pot Meal: Our Favorite Weeknight Wonder

Here's what you'll need to whip up this ultimate one-pot wonder:



TIME
5-7 min

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INGREDIENTS

- 1 tablespoon olive oil
- 1 lb boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup corn (fresh, frozen, or canned, drained)
- 1 cup long-grain white rice, uncooked
- 2 cups chicken broth
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon smoked paprika
- Salt and freshly ground black pepper to taste
- 1/2 cup shredded cheddar cheese (or Monterey Jack), for topping
- Fresh cilantro, chopped, for garnish (optional)
- Sliced avocado or sour cream, for serving (optional)

DIRECTIONS

- 1. SautØ the Chicken:** Heat the olive oil in a large, deep skillet or Dutch oven over medium-high heat. Add the chicken pieces and cook until browned on all sides, about 5-7 minutes. You don't need to cook it through at this stage. Remove the chicken from the pot and set aside.
- 2. SautØ Aromatics:** Add the chopped onion to the same pot, adding a tiny bit more oil if needed. SautØ until softened, about 5 minutes. Stir in the minced garlic and cook for another minute until fragrant.
- 3. Combine :** Ingredients: Return the chicken to the pot. Stir in the diced tomatoes (undrained), rinsed black beans, corn, uncooked rice, chicken broth, chili powder, cumin, smoked paprika, salt, and pepper. Stir well to combine everything.
- 4. Simmer and : Cook:** Bring the mixture to a boil, then reduce the heat to low, cover the pot, and 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.
- 5. Rest and : Top:** Once the rice is cooked, remove the pot from the heat and let it sit, covered, for 5 minutes. This allows the steam to finish cooking the rice and distribute moisture evenly.
- 6. Cheese : It Up:** Uncover, sprinkle the shredded cheese evenly over the top, and re-cover for a few more minutes to allow the cheese to melt.
- 7. Serve: Garnish** with fresh cilantro, sliced avocado, or a dollop of sour cream if desired. Serve hot straight from the pot!

SWAPS & NOTES

You can easily swap it for ground turkey, ground beef, or even sliced sausage.

For a vegetarian version, omit the chicken and add an extra can of black beans or kidney beans.

Veggies: This recipe is a fantastic way to use up leftover vegetables.

Bell peppers, zucchini, or even a handful of spinach can be added.

TIPS FOR SUCCESS

Resist the urge to lift the lid while the rice is simmering.

Trapped steam is essential for cooking the rice evenly and thoroughly.

Adjust Liquid: If your rice isn't quite tender after 20 minutes, or if it seems too dry, add a splash more broth (about 1/4 cup at a time), stir gently, and continue to simmer, covered, for a few more minutes.

Brown the Chicken: Getting a good sear on the chicken at the beginning adds a layer of flavor that you don't want to miss.

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