

## One-Skillet Honey BBQ Chicken & Rice: The Easiest Weeknight Dinner

One-Skillet Honey BBQ Chicken & Rice



**TIME**  
**5 min**

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**ChefManiac**

### INGREDIENTS

2 large chicken breasts, diced  
1 tablespoon olive oil  
1 cup long-grain white rice, rinsed  
1 cup chicken broth  
1/2 cup BBQ sauce  
1/2 cup water  
2 tablespoons honey

1/2 teaspoon garlic powder  
Salt and black pepper to taste

Optional Add-ins:

1/2 cup frozen peas or corn

Diced onion

Sliced bell peppers

Swaps and Notes:

**Chicken:** You can use boneless, skinless chicken thighs for this recipe, which will stay even juicier.

**Rice:** Long-grain white rice works best here, but you can also use jasmine or basmati. Just make sure to rinse it first to remove excess starch.

**BBQ Sauce:** Use your favorite brand of BBQ sauce. A smoky, tangy one works great.

**Honey:** The honey adds a touch of sweetness and helps to thicken the sauce. You can use brown sugar or maple syrup as a substitute.

**Vegetables:** Frozen peas and corn are a great way to add more vegetables to the dish. Just stir them in

during the last 5 minutes of cooking.

**Step-by-Step Instructions:**

**Prep the Chicken:** Dice the chicken breasts into 1-inch cubes. Season them with salt and black pepper.

**Brown the Chicken:** Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the chicken and cook for 5-7 minutes, stirring occasionally, until it's browned on all sides.

**Add the Rice:** Add the rinsed rice to the skillet and stir for 1 minute to toast it slightly.

**Create the Sauce:** In a separate bowl, whisk together the chicken broth, BBQ sauce, water, honey, and garlic powder.

**Simmer and Cook:** Pour the sauce mixture over the chicken and rice in the skillet. Bring it to a simmer, scraping up any browned bits from the bottom of the pan.

**Cover and Cook:** Reduce the heat to low, cover the skillet with a tight-fitting lid, and let it simmer for 15-20 minutes, or until the rice is tender and has absorbed all the liquid. Do not lift the lid during this time!

**Rest and Serve:** Turn off the heat and let the skillet sit, covered, for 5 minutes. Fluff the rice with a fork, stir in any optional vegetables, and serve immediately.

**Tips for Success:**

**Rinse the Rice:** Rinsing the rice removes excess starch and helps prevent the dish from becoming gummy. Don't skip this step!

**Use a Tight-Fitting Lid:** A tight-fitting lid is crucial for trapping the steam and ensuring the rice cooks properly.

**Don't Peek:** Resist the urge to lift the lid while the rice is cooking! This lets out the steam needed to cook the rice.

**Adjust the Flavor:** Taste your sauce before adding it to the skillet. You can adjust the amount of honey for sweetness or add a pinch of cayenne for heat.

**Serving Suggestions and Pairings:**

**Nutritional Information (per serving, approximate):**

Calories: 450 kcal

## DIRECTIONS

1. **Prep the : Chicken:** Dice the chicken breasts into 1-inch cubes. Season them with salt and black pepper.
2. **Brown the : Chicken:** Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the chicken and cook for 5-7 minutes, stirring occasionally, until it's browned on all sides.
3. **Add the : Rice:** Add the rinsed rice to the skillet and stir for 1 minute to toast it slightly.
4. **Create the : Sauce:** In a separate bowl, whisk together the chicken broth, BBQ sauce, water, honey, and garlic powder.
5. **Simmer and : Cook:** Pour the sauce mixture over the chicken and rice in the skillet. Bring it to a simmer, scraping up any browned bits from the bottom of the pan.
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11. Adjust the : Flavor: Taste your sauce before adding it to the skillet. You can adjust the amount of honey for sweetness or add a pinch of cayenne for heat.
12. Serving Suggestions and Pairings: This One-Skillet Honey BBQ Chicken & Rice is a complete meal on its own. You could serve it with a simple side salad to add some freshness, or some steamed green beans. The sweet and smoky flavors would also go great with other hearty, comforting meals like this Cajun Chicken Sausage Gumbo for a diverse spread.
13. Nutritional Information (per serving, approximate):  
Calories: 450 kcal
14. Carbohydrates: 50g
15. Protein: 30g
16. Fat: 15g
17. Saturated : Fat: 3g
18. Cholesterol: 70mg
19. Sodium: 900mg
20. Fiber: 2g
21. Sugar: 15g
22. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. Storage and Leftover Tips: Leftovers of this dish are fantastic. Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm it in the microwave or gently in a skillet on the stovetop with a splash of chicken broth to add moisture.
24. More Recipes You'll Love: If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
25. This : Mexican Chicken and Rice Casserole is my favorite one-pan dinner that's always a hit

## SWAPS & NOTES

Chicken: You can use boneless, skinless chicken thighs for this recipe, which will stay even juicier.

Rice: Long-grain white rice works best here, but you can also use jasmine or basmati.

Just make sure to rinse it first to remove excess starch.

BBQ Sauce: Use your favorite brand of BBQ sauce.

## TIPS FOR SUCCESS

**Rinse the Rice:** Rinsing the rice removes excess starch and helps prevent the dish from becoming gummy.

**Use a Tight-Fitting Lid:** A tight-fitting lid is crucial for trapping the steam and ensuring the rice cooks properly.

**Don't Peek:** Resist the urge to lift the lid while the rice is cooking!

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