

Treasure Barrel

One-Pot Chicken and Rice

Everything cooks in one pan for easy cleanup. Savory chicken and bright frozen peas create a balanced, comforting dinner. Perfectly simple for a busy weeknight.

10 min Prep time	**35 min** Cook time	**45 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Chicken and Seasoning

- ▢ 2 tbsp olive oil
- ▢ 1 lb boneless, skinless chicken thighs, cut into 1-inch pieces
- ▢ 1 tsp salt
- ▢ ½ tsp black pepper
- ▢ ½ tsp smoked paprika

Vegetables and Grains

- ▢ 1 medium onion, diced
- ▢ 3 cloves garlic, minced
- ▢ 2 carrots, peeled and diced
- ▢ 1 celery stalk, diced
- ▢ 1 cup long-grain white rice
- ▢ 1 cup frozen peas

Liquids and Aromatics

- ▢ 1 cup tomato sauce
- ▢ 4 cups low-sodium chicken broth
- ▢ 1 bay leaf

Garnish

- ▢ Fresh parsley, chopped (for garnish)
- ▢ Lemon wedges (for serving)

Instructions

1. Start by warming up your 2 tbsp olive oil in a large skillet or Dutch oven over medium-high heat. While that's heating, go ahead and sprinkle your 1 lb boneless, skinless chicken thighs, cut into 1-inch pieces with the 1 tsp salt, ½ tsp black pepper, and ½ tsp smoked paprika. It smells wonderful already, doesn't it?

2. Carefully add the seasoned chicken to the pot in a single layer. We want a nice sear here, so let them cook for 3-4 minutes per side until they're golden brown and cooked through. You'll want the internal temperature to reach 165°F. Once they look just right, remove the chicken and set it aside for a bit.

3. Lower your heat to medium. Now, toss in your 1 medium onion, diced, along with the 3 cloves garlic, minced, 2 carrots, peeled and diced, and 1 celery stalk, diced. Stir them frequently for about 5 minutes until the vegetables soften and the onions turn that lovely translucent color.

4. Pour in the 1 cup long-grain white rice and stir it well to coat it with all those tasty vegetables. Let the rice toast for 1-2 minutes; honestly, that nutty aroma is one of the best parts of the whole process.

5. Stir in the 1 cup tomato sauce, 4 cups low-sodium chicken broth, and the 1 bay leaf. Now, bring the browned chicken back into the pot and let the liquid reach a vigorous simmer.

6. Turn the heat down to low, put the lid on, and just let it cook gently for 18 minutes. You'll know it's done when the rice is tender and has absorbed most of that savory liquid.

7. Stir in the 1 cup frozen peas. Give it just another 2 minutes of cooking until the peas are a bright, cheerful green and heated through.

8. Remove the 1 bay leaf—don't forget that part!—and briefly fluff the rice with a fork to separate the grains. Taste it and, well, look, just add a bit more salt or pepper if you think it needs it.

9. Let the dish rest, uncovered, for 5 minutes. I know it's tempting to dive in, but this lets the flavors really meld together.

10. Sprinkle your Fresh parsley, chopped over the top. Serve it immediately with those fresh Lemon wedges on the side for a little bit of brightness.

Nutrition per serving

410 kcal	32 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a Dutch oven helps distribute heat evenly for the rice.
- The resting period is essential for the perfect rice texture.
- Fresh parsley adds a lightness that balances the savory chicken broth.