



One-Pot Mexican Chicken and Rice Recipe

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One-Pot Mexican Chicken and Rice

One-Pot Mexican Chicken and Rice Recipe is the ultimate quick and easy meal for busy days. This flavorful dish combines tender chicken, fluffy rice, and bold Mexican spices—all cooked together in one pot for minimal cleanup and maximum taste. Perfect for a satisfying lunch or dinner, this recipe will quickly become a family favorite.

Ingredients for One-Pot Mexican Chicken and Rice

1. 2 boneless, skinless chicken breasts – cut into small cubes
2. 1 tablespoon olive oil – for cooking
3. 1 small onion – finely chopped
4. 2 garlic cloves – minced
5. 1 cup long-grain white rice – uncooked
6. 1 can (14.5 oz) diced tomatoes – with juice
7. 1 ½ cups chicken broth – low sodium if possible
8. 1 teaspoon ground cumin – for warm, earthy flavor
9. ½ teaspoon smoked paprika – adds a smoky touch
10. ½ teaspoon chili powder – adjust to taste
11. Salt and black pepper – to taste
12. ½ cup corn kernels – fresh, canned, or frozen
13. ½ cup black beans – drained and rinsed
14. ½ cup shredded cheese – optional, for topping

15. Fresh cilantro or green onions – for garnish (optional)

How to Make One-Pot Mexican Chicken and Rice

Heat 1 tablespoon of olive oil in a large pot over medium heat.

Add 2 boneless chicken breasts, cut into small cubes, and season with **salt, pepper, and 1/2 teaspoon paprika**.

Cook the chicken for about 5–6 minutes until it's browned and cooked through. Remove and set aside.

In the same pot, **add 1 small chopped onion and 2 minced garlic cloves**. Sauté for 2 minutes until soft and fragrant.

Add 1 cup of uncooked long-grain rice, stir for a minute to coat with flavor.

Pour in **1 can (400g) diced tomatoes, 1 1/2 cups chicken broth, and 1/2 cup frozen corn and black beans** (optional).

Add the cooked chicken back to the pot and **stir everything together**.

Bring to a boil, then **reduce the heat to low**, cover the pot, and **simmer for 18–20 minutes** until the rice is tender and liquid is absorbed.

Turn off the heat and **let it sit covered for 5 minutes**.

Fluff with a fork and **garnish with fresh cilantro or lime wedges** if you like.

Serving & Storage Tips

- Serve hot with **fresh lime wedges**, **sliced avocado**, or a dollop of **sour cream** on top.
- Sprinkle **chopped cilantro** or green onions for a fresh, colorful touch.
- Pair it with a **simple green salad** or warm tortillas on the side.
- Store leftovers in an **airtight container** in the fridge for up to **3–4 days**.
- To reheat, add a splash of water and warm in the **microwave or on the stove** over low heat.
- You can also freeze portions for up to **2 months**—perfect for busy days!

Nutrition & Healthy Swaps

- This dish is rich in **protein** from chicken and **fiber** from beans and veggies.
- Use **brown rice** instead of white rice for extra fiber and nutrients.
- Swap chicken breast with **lean turkey** or **tofu** for a lighter option.
- Add more vegetables like **bell peppers**, **zucchini**, or **spinach** for extra vitamins.
- Use **low-sodium broth** to reduce salt intake.

- For a dairy-free topping, try **guacamole** or **dairy-free yogurt** instead of sour cream.
- Want it spicier? Add **chili flakes** or **jalapeños** to taste!

Approximate Nutritional Value

Nutrient	Amount (Per Serving)
Calories	390 kcal
Protein	28 g
Total Fat	10 g
Saturated Fat	2 g
Carbohydrates	45 g
Fiber	5 g
Sugars	4 g
Sodium	520 mg
Cholesterol	65 mg

Note: These values are approximate and may vary depending on the ingredients you use (like using brown rice, adding cheese, or switching to low-sodium broth).

The Perfect Ending to Your One-Pot Mexican Chicken and Rice Recipe

And there you have it — a One-Pot Mexican Chicken and Rice Recipe that’s bursting with flavor, easy to make, and perfect for any day of the week. With tender chicken, perfectly seasoned rice, and vibrant veggies all cooked in one pot, this dish brings comfort and bold taste to your table with minimal cleanup.

Whether you’re feeding the whole family or meal prepping for yourself, this recipe is a game-changer. It’s hearty, satisfying, and endlessly customizable — add extra spice, toss in some beans or corn, or top it with fresh cilantro and a squeeze of lime for a final touch of freshness.

So grab your spoon, dig in, and enjoy every flavorful bite. Because when lunch (or dinner!) is this easy and this delicious, it deserves to be on repeat. 🌶️🍴🇧🇷

Looking for a quick and satisfying meal? Check out our [Quick and Tasty Chicken Lunch](#) recipe — it's easy to make, full of flavor, and perfect for busy days!

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