

Roasted Chicken and Tomato-Basil Rice Skillet  
RECIPE

## Roasted Chicken and Tomato-Basil Rice Skillet



<?xml version="1.0"?>

TIME

45 min

INGREDIENTS

13 items

MAKES

4 servings

Yielding, tomato-accented rice is cooked with juicy roasted chicken thighs and served with fresh, fragrant basil for an easy one-pan dinner that's perfect for busy weeknights

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## INGREDIENTS

- 1 tbsp olive oil
- 4 bone-in skin-on chicken thighs
- 1/2 tsp salt

- 1/4 tsp black pepper
- 1 onion, diced
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 1 tbsp basil pesto
- 2 tbsp tomato paste
- 1 pouch (8.8 oz each) Ben's Original™ Ready Rice™ Roasted Chicken Flavored Rice
- 2 cups canned crushed tomatoes (with juice)
- 1/4 cup reduced sodium chicken broth
- 1/4 cup chopped fresh basil leaves

## PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Roasted Chicken Flavored Rice

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## INSTRUCTIONS

- 1  
Preheat oven to 425°F.
- 2  
Heat oil in oven-safe large skillet set over medium-high heat. Season chicken with salt and pepper; transfer to skillet skin-side down. Cook for 3 to 4 minutes or until golden and crispy on bottom. Flip and cook for 3 to 5 minutes or until golden all over. Transfer to medium plate (reserve skillet). Reduce heat to medium.
- 3  
Add onion, red pepper and garlic to reserved skillet and cook, stirring occasionally, for 3 to 5 minutes or until softened and fragrant. Stir in pesto and tomato paste and cook, stirring occasionally, for 1 to 2 minutes.
- 4  
Stir in rice and cook, stirring, for 1 minute or until coated. Pour in tomatoes (with juice) and chicken broth; bring to a simmer. Return chicken to skillet and transfer to oven.
- 5  
Bake for 25 to 30 minutes or until liquid has been absorbed, and chicken is cooked through and instant-read thermometer registers 165°F when inserted into thickest part of a thigh.
- 6  
Garnish with basil before serving.
- \*  
Tips: For added heat, drizzle with Italian-style hot chili oil, if desired.
- \*  
This skillet dish is also delicious topped with shaved Parmesan cheese.

## NUTRITION

- CALORIES: 380
- TOTAL FAT: 18g
- SATURATED FAT: 4g
- TRANS FAT: 0g
- SODIUM: 590mg
- TOTAL CARBOHYDRATES: 34g
- DIETARY FIBER: 4g
- TOTAL SUGARS: 9g
- PROTEIN: 23g

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Cooking time

35 Minutes

Ingredients

10 items

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Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)



### [Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items

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## [Cheesy Chicken Broccoli Rice Bake](#)

Cooking time

45 Minutes

Ingredients

9 items

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