

Choco Fever Dream

Creamy Slow Cooker Chicken and Rice

15 min Prep time	**4 h** Cook time	**4 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken thighs, bone-in, skinless, cut into 1-inch pieces
- [ ] 1 cup long-grain rice
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 (10.5 oz) can cream of chicken soup
- [ ] 1/2 cup whole milk
- [ ] 1 cup shredded mild cheddar cheese
- [ ] 1 tsp dried thyme
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp chopped fresh parsley
- [ ] Salt and black pepper to taste

Optional Add-Ins

- [ ] 1/2 cup frozen peas
- [ ] 1/2 cup diced carrots
- [ ] 1/4 cup chopped green onions

Instructions

1. Season the chicken pieces with salt, pepper, and half of the thyme. If you have time, give them a quick sear in a skillet over medium heat—this adds a golden crust and deeper flavor.
2. Place the chicken in the slow cooker. Add the rinsed rice, chicken broth, cream of chicken soup, and milk. Stir gently to combine.
3. Cover and cook on low for 3½-4 hours, or until the rice is tender and the chicken is fully cooked. Avoid lifting the lid during the first two hours.
4. Stir in the shredded cheese, remaining thyme, lemon zest, and fresh parsley. Let sit for 5 minutes to melt the cheese. For a spicy twist, see smothered rice.

Nutrition per serving

420 kcal	45 g	15 g
Calories	Carbs	Fat

Tips & notes

- If the rice looks a bit dry near the end, add a splash of broth or milk.
- For a zesty side, try the zesty corn bowl as a fresh complement.
- Feel free to double the recipe for a larger family; just ensure the slow cooker can hold the extra volume.