Tomato Chicken and Cannellini Bean Skillet

A simple, step-by-step chicken dinner

6 servings • Prep 15 min | Cook 25 min | Rest 5 min • Difficulty: Easy



Ingredients

- 1 1/2 lb (680 g) boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tbsp (15 ml) olive oil
- 1 small onion (100 g), diced
- 1 red bell pepper (150 g), diced
- 2 garlic cloves (6 g), minced
- 1 can (14.5 oz / 411 g) diced tomatoes
- 1 can (15 oz / 425 g) cannellini beans, drained and rinsed
- 1/2 cup (120 ml) chicken broth
- 1 tsp (1 g) dried basil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper

Serving

Divide into six bowls with chicken, cannellini beans and tomato-pepper sauce in each.

Method

1. Heat oil in a wide skillet. Brown chicken pieces in a single layer for about 3 minutes, turning once; transfer to a plate.
2. Cook onion and bell pepper for 4 minutes. Add garlic and basil; stir for 30 seconds.
3. Add tomatoes, beans and broth. Return chicken and simmer 8–10 minutes until chicken reaches 165°F (74°C).
4. Taste the sauce, adjust seasoning and serve hot with the beans and vegetables.

COOKING NOTES

Prep: Cut chicken into even pieces. Drain and rinse the already-cooked cannellini beans before adding.

Safe doneness: Use an instant-read thermometer in a thick chicken piece: 165°F (74°C). Brown in batches if the skillet is crowded.

VARIATIONS & STORAGE

Variations: Olive lemon: add 2 tbsp sliced olives and 1 tbsp lemon juice at the end. Spinach: wilt 3 cups baby spinach into the sauce. Paprika: use sweet paprika and cumin instead of basil.

Storage: Refrigerate in shallow covered containers within 2 hours; keep at 40°F (4°C) or below and use within 3–4 days. Freeze up to 2–3 months; thaw in the refrigerator. Reheat the portion needed until it reaches 165°F (74°C).