Chicken Dump Recipes

A hands-off oven-baked chicken thigh dinner with tomatoes, white beans and corn. The covered-then-uncovered bake keeps the chicken tender while the tomato juices season the beans.

TOTAL 65 min	PREP 10 min	COOK 50 min	YIELD 4 servings	LEVEL EASY



One single bowl serving of chicken, white beans, corn and tomato sauce. | Featured image

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 can (14 oz / 400 g) diced tomatoes with juice
- 1 can (15 oz / 425 g) white beans, drained and rinsed
- 1 cup (150 g) frozen corn
- 1 tsp (2 g) paprika
- 1 tsp (1 g) dried oregano
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper

> Raw poultry safety: Keep raw chicken and its tray, utensils and hands separate from ready-to-eat foods. Wash hands and sanitize surfaces after handling. Do not rely on color or browning: every thigh must reach 165°F (74°C) at its thickest point.

Method and cooking stages

The stage images follow the recipe from the measured ingredients through covered baking, doneness checking and a single serving.



1. Ingredients



2. Prep



3. Cooking



4. Finishing



5. Serving

1. Mix the tomato and bean base

Heat the oven to 400°F (205°C). In a deep 9-by-13-inch baking dish, stir together the diced tomatoes with their juice, drained and rinsed white beans, frozen corn, paprika, dried oregano, salt and pepper.

2. Add the chicken and cover

Nestle the thawed boneless skinless chicken thighs in a single layer in the tomato mixture. Keep the ingredients below the rim of the dish. Cover the dish tightly with foil.

3. Bake covered, then uncovered

Bake covered for 30 minutes. Carefully remove the foil, keeping clear of the hot steam, and bake uncovered for another 15–20 minutes. Cooking time varies with thigh size and starting temperature.

4. Check, rest and finish

Check the thickest part of every thigh with a food thermometer. Each must reach 165°F (74°C). If any piece is cooler, continue baking and check again. Rest for 5 minutes. Shred the chicken into large pieces if desired, then spoon it into bowls with the beans and tomato sauce.

> Temperature check: Keep raw chicken and its tray, utensils and hands separate from ready-to-eat foods. Wash hands and sanitize surfaces after handling. Do not rely on color or browning: every thigh must reach 165°F (74°C) at its thickest point.

Serving and recipe notes

Serving: Divide into four portions and serve hot with the beans and tomato sauce. A crisp green salad is optional.

Tip: Use fully thawed chicken and a deep baking dish. Keep the chicken in a single layer and make sure every ingredient stays below the dish rim.

Common mistakes: Do not crowd the dish or stack the chicken; keep ingredients below the rim. Never use color alone to judge doneness.

Variation: For mild heat, add 1/4 teaspoon crushed red pepper. For an herb finish, add 2 tablespoons chopped parsley after cooking.

Storage and reheating

Refrigerate: Refrigerate leftovers in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3–4 days. Count any prior storage time of cooked chicken; reheating does not restart it.

Freeze: Freeze cooled portions promptly in airtight containers for up to 2 months for best quality. Thaw in the refrigerator.

Reheat: Reheat covered in a 350°F (175°C) oven or gently in a saucepan with a splash of water until 165°F (74°C) throughout. Stir and check several places. Do not use a slow cooker to reheat leftovers.

Original recipe formulation; not kitchen-tested. Times are estimates and vary with equipment and thigh size. Food safety guidance: FoodSafety.gov safe-temperature and cold-storage charts.