One Pot Chicken Alfredo

This one pot chicken alfredo recipe makes 4 servings in about 40 minutes. Follow the measured steps and verify raw chicken reaches 165°F (74°C) with a thermometer. Timing varies with cut thickness and equipment.



RECIPE AT A GLANCE

YIELD	4 servings
PREP	10 min
COOK	25 min
TOTAL	40 min
LEVEL	Easy

Cook poultry to 165 F (74 C) in the thickest piece. Check with a food thermometer.

INGREDIENTS

- 12 oz (340 g) penne
- 1 lb (450 g) chicken breast, cut into 1-inch pieces
- 1 tbsp (15 ml) olive oil
- 4 cups (960 ml) low-sodium chicken broth
- 1 cup (240 ml) whole milk
- 2 garlic cloves, minced
- 1/2 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 oz (113 g) cream cheese, cubed
- 3/4 cup (75 g) grated Parmesan
- 1 cup (100 g) broccoli florets, optional.

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METHOD

1. Heat oil in a Dutch oven over medium-high. Season chicken with salt and pepper and sear 2 to 3 minutes, stirring once.
2. Add broth, milk, garlic, Italian seasoning and penne. Bring to a simmer, stirring so pasta does not stick.
3. Lower heat and cook uncovered, stirring frequently, until pasta is al dente and chicken reaches 165°F (74°C), about 12 to 16 minutes. Add small splashes of broth if liquid reduces too quickly.
4. Turn off heat. Stir in cream cheese and Parmesan until creamy. Fold in broccoli if using and cover 3 minutes to warm. Rest 5 minutes before serving.

COOK'S NOTES

Tip: Use a wide heavy pot and stir the pasta often so it cooks evenly in the measured broth.
Watch out: Boiling hard or leaving the pot unattended can scorch the milk and pasta on the bottom.
Variation: Use bow ties only if you increase broth as needed and start checking early; pasta shapes absorb liquid differently. Add peas or spinach after switching off heat.

STORAGE & FREEZING

Refrigerate leftovers in shallow covered containers within 2 hours of cooking, or within 1 hour when the ambient temperature is above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Refrigerate cooked chicken promptly and follow the oldest ingredient's storage clock.

Freezing: Cool promptly, pack airtight and freeze at 0°F (-18°C) or below for best quality for up to 2 months. Cream-based sauces may separate after thawing. Thaw in the refrigerator; continuous freezing preserves safety longer than the quality window.

REHEATING

Reheat covered in a saucepan over low heat or in the microwave with a splash of broth or water, stirring for even heating. Reheat leftovers to 165°F (74°C), checking more than one spot. Avoid a hard boil, which can split the sauce.

Food safety: For raw poultry, measure the thickest portion with an instant-read thermometer and cook to at least 165°F (74°C). For casserole-style recipes, check the center reaches 165°F (74°C). Color and timing alone do not establish safety. Fully cooked leftover chicken should be reheated to 165°F (74°C).