

5 Cozy One-Pot Dinners

Comfort food made simple — with your complete grocery list

Busy weeknights call for meals that are warm, satisfying, and easy on the cleanup. These five one-pot dinners deliver all three. Each recipe feeds a family of four, takes under an hour, and leaves you with just one pot to wash.

As a registered nurse and mom, I know how hard it is to get a healthy dinner on the table after a long day. That's why every recipe here is designed for real life — simple ingredients, straightforward steps, and flavors the whole family will love.

1. Tuscan White Bean & Sausage Soup

🕒 35 minutes | Serves 4

Ingredients: 1 lb Italian chicken sausage, casings removed, 1 can (15 oz) cannellini beans, drained, 4 cups chicken broth, 3 cups fresh spinach, 1 can (14 oz) diced tomatoes, 3 cloves garlic, minced, 1 tsp Italian seasoning, Salt & pepper to taste, Parmesan for serving

Instructions: Brown sausage, add garlic and seasoning. Pour in broth, tomatoes, and beans. Simmer 20 minutes. Stir in spinach until wilted. Top with Parmesan.

2. Creamy Chicken & Rice

🕒 45 minutes | Serves 4

Ingredients: 1.5 lbs boneless chicken thighs, 1.5 cups long-grain white rice, 3 cups chicken broth, 1 cup heavy cream, 1 cup frozen peas, 1 medium onion, diced, 3 cloves garlic, minced, 1 tsp thyme, Salt & pepper to taste

Instructions: Sear chicken, set aside. Sauté onion and garlic, add rice and toast 1 minute. Pour in broth and cream. Nestle chicken on top. Cover and simmer 25 minutes. Add peas, rest 5 minutes.

3. Beef & Vegetable Stew

🕒 55 minutes | Serves 4

Ingredients: 1.5 lbs beef stew meat, cubed, 4 medium potatoes, cubed, 3 carrots, sliced, 1 cup frozen green beans, 4 cups beef broth, 2 tbsp tomato paste, 1 medium onion, diced, 2 cloves garlic, minced, 1 tsp rosemary, Salt & pepper to taste

Instructions: Brown beef in batches, set aside. Sauté onion, garlic, and tomato paste. Add broth, potatoes, carrots, rosemary, and beef. Simmer 35 minutes. Add green beans, cook 10 more minutes.

4. One-Pot Taco Pasta

🕒 30 minutes | Serves 4

Ingredients: 1 lb ground turkey, 12 oz rotini pasta, 1 can (15 oz) black beans, drained, 1 can (14 oz) diced tomatoes with green chiles, 3 cups chicken broth, 1 cup shredded cheddar, 2 tbsp taco seasoning, Sour cream, cilantro, avocado for topping

Instructions: Brown turkey with taco seasoning. Add broth, tomatoes, and pasta. Cover and simmer 15 minutes, stirring occasionally. Stir in beans and cheese until melted. Serve

with toppings.

5. Lemon Herb Chicken & Orzo

 40 minutes | Serves 4

Ingredients: 1.5 lbs boneless chicken breasts, 1.5 cups orzo pasta, 3 cups chicken broth, 1 cup cherry tomatoes, halved, 3 cups fresh spinach, 1 lemon, juiced and zested, 3 cloves garlic, minced, 2 tbsp olive oil, 1 tsp oregano, Feta for serving

Instructions: Season and sear chicken, set aside. Sauté garlic, add orzo and toast. Pour in broth, simmer 10 minutes. Add chicken, tomatoes, cover 10 more minutes. Stir in spinach and lemon. Top with feta.

Complete Grocery List

Everything you need for all 5 recipes

Proteins

- 1 lb Italian chicken sausage
- 3 lbs boneless chicken (1.5 lbs thighs + 1.5 lbs breasts)
- 1.5 lbs beef stew meat
- 1 lb ground turkey

Pantry Staples

- 1.5 cups long-grain white rice
- 12 oz rotini pasta
- 1.5 cups orzo pasta
- 2 cans (15 oz each) cannellini beans
- 1 can (15 oz) black beans
- 2 cans (14 oz each) diced tomatoes
- 1 can (14 oz) diced tomatoes with green chiles
- 2 tbsp tomato paste
- 10 cups chicken broth
- 4 cups beef broth
- Olive oil
- Italian seasoning, thyme, rosemary, oregano
- 2 tbsp taco seasoning
- Salt & pepper

Produce

- 14 cloves garlic (about 2 heads)
- 4 medium onions
- 6 cups fresh spinach
- 1 cup cherry tomatoes
- 4 medium potatoes
- 3 carrots
- 1 lemon
- Fresh cilantro (optional)
- 1 avocado (optional)

Dairy & Frozen

- 1 cup heavy cream
- 1 cup shredded cheddar
- Parmesan cheese

- Feta cheese
- Sour cream
- 1 cup frozen peas
- 1 cup frozen green beans

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