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Baked Chicken Legs and Rice

Prep Time: 10 mins *Cook Time:* 50 mins *Total Time:* 1 hr *Servings:* 6

Loaded with flavor and perfect for a cozy supper. It uses simple, real food ingredients, requires just 10 minutes of prep, and cooks away in the oven while you enjoy your day.

Ingredients

- 3 Tablespoons olive oil
- 2 Tablespoons brown sugar
- 1 Tablespoon [smoked paprika](#)
- 2 teaspoons [dried thyme](#)
- 1 teaspoon [dried oregano](#)
- 1 teaspoon [garlic powder](#)
- 1 and 1/2 teaspoons [kosher salt](#) divided
- 15-20 cranks fresh-ground black pepper
- 6-8 chicken drumsticks
- 2 Tablespoons butter
- 1/2 medium yellow onion chopped
- 3-4 cloves garlic minced
- 1 cup uncooked white rice see note
- 1 and 1/3 cups chicken broth low-sodium preferred
- 2/3 cup water
- 1 lemon cut into wedges
- fresh parsley or thyme optional garnish

Instructions

- 1 Preheat oven to 350 degrees F.
- 2 Combine olive oil, brown sugar, paprika, thyme, oregano, garlic powder, 1 teaspoon kosher salt, and black pepper in a small bowl, and mix into a thin paste. Spoon this mixture over the drumsticks and gently rub in to coat. Set aside.
- 3 Melt butter in a medium saucepan over medium-high heat. Add onion and cook for 3-4 minutes, just until softened. Add garlic and cook for 30-60 seconds, just until fragrant, then scrape the onion and garlic mixture out into a 8"x10" or 9"x13" baking dish. Add rice and remaining 1/2 teaspoon salt to the baking dish and stir well.
- 4 Add broth and water to the same saucepan you used for the onion. Bring these to a boil, then pour the hot liquid directly over the rice and stir it in.
- 5 Arrange drumsticks on top of the rice, along with about half of the lemon wedges. Cover the baking dish tightly with foil. Bake for 30 minutes, then remove the foil and bake for another 20 minutes, until the rice is tender and the chicken fully cooked.
- 6 Remove from the oven and let rest for 2-3 minutes. Remove the drumsticks and lemons to a plate, then use a fork to gently fluff up the rice. Garnish with extra lemon wedges and a few sprigs of parsley or thyme, if desired, and serve.



Last step!

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Notes

- **For Better Browning:** If desired, broil for 2-3 minutes at the end of the baking time to brown the chicken more deeply, but watch carefully so that nothing blackens or burns.
- **Rice:** Do not substitute brown rice for the white: it requires a much longer cook time and will not be at all tender when the chicken is ready to go.

Nutrition Estimate

Calories: 498 kcal, Carbohydrates: 34 g, Protein: 25 g, Fat: 29 g, Saturated Fat: 9 g, Polyunsaturated Fat: 5 g, Monounsaturated Fat: 14 g, Trans Fat: 0.3 g, Cholesterol: 97 mg, Sodium: 714 mg, Potassium: 389 mg, Fiber: 2 g, Sugar: 5 g, Vitamin A: 876 IU, Vitamin C: 13 mg, Calcium: 53 mg, Iron: 2 mg

Author: Monica *Course:* Main *Cuisine:* American

Keyword: chicken drumsticks and rice, chicken legs and rice