

Servings: 4

Allergens: Dairy

Total Time: 45 min

Prep Time: 15 min

Cook Time: 30 min



Melissa McMahan



Keto White Chicken Chili



Directions:

- In large pot, season chicken with cumin, oregano, cayenne, salt and pepper.
- Sear both sides over medium heat until golden.
- Add broth to pot, cover and cook chicken for 15 - 20 minutes until fully cooked.
- While chicken is cooking, melt butter in medium skillet.
- Add chiles, diced jalapeño, green pepper and onion to skillet and saute until they soften.
- Add minced garlic and saute an additional 30 seconds. Once finished, turn off heat and set aside.
- Once chicken is fully cooked, shred with fork and place back into broth.
- Add sauteed veggies to pot of chicken and broth then simmer for 10 minutes.
- In medium bowl, soften cream cheese in microwave until you can stir it. (~20 sec)
- Mix cream cheese with heavy whipping cream.
- Add mix into pot of chicken and veggies while stirring. Let simmer for 15 minutes.
- Serve with favorite toppings like pepper jack cheese, avocado slices, cilantro, or sour cream.

Ingredients:

- 1 lb chicken breast
- 1.5 cups chicken broth
- 2 finely minced garlic cloves
- 14.5 oz can chopped green chiles
- 1 diced jalapeño
- 1 diced green pepper
- 1/4 cup diced onion
- 4 tbsp butter
- 1/4 cup heavy whipping cream.
- 4 oz cream cheese
- 2 tsp cumin
- 1 tsp oregano
- 1/4 tsp cayenne (choice)
- salt and pepper to taste