

Low Carb White Chicken Chili

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Ingredients:

- 1 pound cooked chicken or 2 13 oz cans cooked chicken
- 16 oz chicken broth
- 1 tsp olive oil
- 12-16 oz frozen cauliflower, thawed
- 1 tsp salt
- 1/2 tsp pepper
- 7 oz can green chilies with juice (or 2 if you like it more spicy)
- 1 cup diced onion
- 1 Tbsp minced garlic
- 4 oz cream cheese
- 1/2 cup half and half or heavy whipping cream (hwc)

Directions:

Boil chicken in a little Adobo seasoning or salt and pepper if you need to cook the chicken. Shred or cut into bite sized pieces.
Add all but cream cheese and cream to a saucepan or crock pot.
Simmer for 30 minutes or more or cook on low for 4-6 hours in crock pot.
Add cream cheese and cream and stir until blended.
Serve.

This recipe makes 6 servings.

Please note that this nutritional information is based on exactly the serving sizes, amounts and products I used. When more than one option is listed, I used the first to calculate. If you change anything at all, this will not be 100% correct but will give you an idea. This is meant to give you an idea only. If you need exact nutritional information, I suggest entering the recipe into my fitness pal or your favorite calorie counter page and that will calculate it for you. Also, you can put in exactly what you used so it is the most accurate.

(269 Calories) (12 g Fat) (758 gm Sodium) (6 g Total Carbs)
(1 g Fiber) (5 g Net Carbs) (2 g Sugars) (27 g Protein)