

RECIPE

Low Carb Chicken Chili



Ready in **1 - 4 hours**

Makes **6-8 servings**

Tips

You can roast a whole chicken and debone and shred it or use chopped chicken breasts for this recipe.

Ingredients

—Chicken Prep—

- 1 small chicken, roasted or instant pot OR
- 2 pounds chicken breast, boneless & cut into chunks
- 1 tablespoon coconut oil (or as needed)
- 1 stick butter - divided
- 1 ½ teaspoons chili powder
- salt and black pepper to taste
- ¼ cup chicken broth

-Soup—

- ¾ cup chicken broth
- 2 cups heavy whipping cream
- 4 ounces cream cheese
- 1 ½ tablespoons onion powder
- 2 teaspoons cumin
- hot sauce or jalapeño powder to taste (¼ - 1 teaspoon)
- 1 ½ cups grated monterey jack cheese
- 8 ounces chopped green chilies
- OPTIONAL (adds carbs): 1 can cannellini beans

Preparation

1. **Roast chicken in oven/instant pot - debone & chop chicken meat** - Set aside 2 pounds for soup. Season with chili powder, salt and black pepper - add to a large skillet with coconut oil, butter & ¼ cup chicken broth. Simmer for 10 minutes.

2. **OR Warm oil in large skillet** over medium-high heat with coconut oil and 2 tablespoons butter.
3. If using chicken breast, season with chili powder, salt and black pepper. Cook chicken breast chunks in skillet on each side for 5 minutes to sear. Add ¼ cup chicken broth - simmer until chicken is cooked through.
4. **Mix remaining 6 tablespoons butter,** chicken broth, heavy cream, cream cheese, onion powder, cumin, hot sauce/jalapeño powder together in a large heavy saucepot.
5. **Season with salt & black pepper and bring to simmer.** Cook until butter and cream cheese are melted, about 5 minutes.
6. Add shredded chicken Monterey Jack cheese, green chilies and cannellini beans (optional) to the chili in the pot.
7. **Reduce heat to low and cook,** stirring occasionally, for 20 minutes.
8. Serve with sour cream, jalapeños, cilantro, or your favorite chili toppings.