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Buffalo Chicken Soup

Macros per serving:

- 563 Calories
- 32.5g of Fat
- 57g of Protein
- 4g of Carbs

Course Appetizer, Dinner, Soup

Cuisine American

Servings	Prep Time	Cook Time
4 servings	20 minutes	20 minutes

Ingredients

- 4 stalks celery
- 2 carrots
- 4 chicken breasts
- 6 tbsp butter
- 1 quart chicken broth
- 2 oz. cream cheese
- 1/2 cup heavy cream
- 1/2 cup Frank's Red Hot Sauce
- 1 tsp salt
- 1/2 tsp thyme
- 1/2 tsp cayenne

Instructions

1. First, set your carrot and celery to cook in an oiled pot.

2. When they've broken down slightly, place your chicken breasts to cook along side them. Cover the pot to let the chicken breasts steam and cook faster.

3. When the chicken has cooked fully, remove it from the pot. Cooking the chicken first this way lets a slight crust form around it that boiling couldn't achieve. If you'd like to boil the chicken with the broth, you can do that too. But be sure to shred it when it's cooked!

4. Pour your chicken broth over the veggies and add all the creamy ingredients: butter, cream cheese and heavy cream.

5. While that's coming to a boil, shred each chicken breast into small pieces and throw them back into the soup.

6. Add your hot sauce! We used Red's Hot sauce at about 4 tablespoons per person eating.

7. Add your herbs of choice and let your soup come to a boil. Let simmer for 15-20 minutes for the flavors to marry.

8. When you're ready to serve, garnish the soup with some cold sour cream, bleu cheese and green onion. Enjoy your low carb soup full of flavor and fat!