

# BUFFALO CHICKEN BACON MAC N' CHEESE

570 Calories | 53g Protein | 54g Carbs | 17g Fat



## INGREDIENTS

### Base

- 32 oz Chicken breast
- ½ c hot sauce
- 2 tablespoon Worcestershire sauce
- 1 tablespoon better than bouillon
- 2 orange bell peppers
- 1 onion

### Cream Sauce

- 50g 1/3 fat cream cheese
- 300mL fat free milk
- 100g sharp cheddar cheese
- 800g cottage cheese
- 60g shredded parmesan cheese
- 120g hot sauce
- 30g honey

## DIRECTIONS

1. Dice bell peppers and onions and cook in oven at 400 degrees for 20 minutes
2. Place all of "base" items in slow cooker
3. Cook on low for 7 hours or high for 4 hours
4. With one hour of cooking time left, blend the "cream sauce" ingredients and put in slow cooker and shred chicken and then add pasta
5. Top with bacon

## Extra Ingredients

- 18 slices of center cut bacon or 1 packet of crumbled bacon
- If using center cut bacon, cook at 400 degrees for 20-30 minutes
- 1 package of high protein pasta