

Keto White Chicken Chili (Low Carb)

INGREDIENTS

- 1 lb boneless, skinless chicken breast, cut into bit sized pieces
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 yellow onion, cut into wedges
- 1 chili pepper, diced
- 1 green bell pepper, cut into 1-inch chunks
- 1 yellow bell pepper, cut into 1-inch chunks
- 1/2 tsp cayenne pepper
- 1 tsp cumin, ground
- 1 tsp dried oregano
- 3 cups chicken broth, low sodium
- 1/4 cup heavy cream
- 1/2 cup cream cheese softened
- salt and pepper to taste

Topping

- 1/4 cup whole kernel corn optional
- Cilantro

INSTRUCTIONS

1. Heat up a saucepan over medium heat. Add olive oil, once hot, add chicken breast and cook for a few minutes each side or until lightly brown.
2. Add the chicken broth, garlic, onion, chili, bell peppers. Bring it to a boil and simmer for about 5 minutes.
3. Stir in the heavy cream and cream cheese and mix well and cook for 2-3 minutes. Season with salt and pepper as per your taste.

4. Add all the spices and herbs for flavors. Cook for a few minutes or until reaches your desired thickness (add additional water if needed).
5. Transfer to a bowl and top it with corn and cilantro. Enjoy warm!