

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Shredded Chicken Chili

From www.ketogasm.com

You can also dice the chicken breasts and sauté them in the butter with the onion, if you prefer that over shredded chicken. That works just as well, and tastes just as good!

Makes 4 servings

4 chicken breasts large, shredded (about 4 cups)
1 tbsp butter
½ onion chopped
2 cups chicken broth
10 oz diced tomatoes canned, undrained
2 oz tomato paste
1 tbsp chili powder
1 tbsp cumin
½ tbsp garlic powder
1 jalapeno pepper chopped (optional)
4 oz cream cheese
Salt and pepper to taste
Cilantro, shredded cheese, or additional toppings of choice

1. Prepare chicken by boiling chicken breasts in water or broth on stovetop for 10-12 minutes, just barely covered in liquid. Once the meat is no longer pink, remove from fluid and shred with two forks. This same technique can also be used with a pressure cooker at pressure for 5 minutes with a natural release, or a slow cooker for 4-6 hours. Rotisserie chicken meat can be substituted for the breasts as well.
2. In a large stockpot, melt the butter over medium-high heat. Add the onion and cook until translucent.
3. Add the shredded chicken, chicken broth, diced tomatoes, tomato paste, chili powder, cumin, garlic powder, and jalapeno to the pot and combine by gently stirring over the burner. Bring to a boil, then drop it down to a simmer over medium-low heat and cover for 10 minutes.
4. Cut cream cheese into small, 1-inch chunks.
5. Remove lid and mix in the cream cheese. Increase the heat back up to medium-high and continue to stir until the cream cheese is completely blended in. Remove from heat and season with salt and pepper to taste.
6. Eat as-is or garnish with toppings of your choice. Try cilantro and Monterey jack cheese.