

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Keto White Chicken Chili

From [www.heyketomama.com](http://www.heyketomama.com)

1 lb chicken (breasts or thighs)  
1 ½ cups chicken broth  
2 garlic cloves, finely minced  
1 4.5oz can chopped green chiles  
1 diced jalapeno  
1 diced green pepper  
1/4 cup diced onion  
4 tbsp butter  
1/4 cup heavy whipping cream  
4 oz cream cheese  
2 tsp cumin  
1 tsp oregano  
1/4 tsp cayenne (optional)  
Salt and Pepper to taste

1. In large pot, season chicken with cumin, oregano, cayenne, salt and pepper.
2. Sear both sides over medium heat until golden.
3. Add broth to pot, cover and cook chicken for 15-20 minutes or until fully cooked. \*\*
4. While chicken is cooking, melt butter in medium skillet.
5. Add chiles, diced jalapeno, green pepper and onion to skillet and sauté until veggies soften.
6. Add minced garlic and sauté additional 30 seconds and turn off heat, set aside.
7. Once chicken is fully cooked, shred with fork and add back into broth.
8. Add sautéed veggies to pot with chicken and broth and simmer for 10 minutes.
9. In medium bowl, soften cream cheese in microwave until you can stir it (~20 sec).
10. Mix cream cheese with heavy whipping cream.
11. Stirring quickly, add mixture into pot with chicken and veggies.
12. Simmer additional 15 minutes.
13. Serve with favorite toppings such as: pepper jack cheese, avocado slices, cilantro, or sour cream.

\*\*You can also dice boneless, skinless chicken breasts, and sauté them in your pot with the chiles, jalapeno, pepper, onion and garlic until cooked through. Once it is cooked, add the chicken broth and simmer for 10 minutes. Continue with step number 9.