

KETO WHITE CHICKEN CHILI

Ingredients:

1 lb chicken breast
1.5 – 2.5 cups chicken broth
2 garlic cloves, finely minced
1 4.5oz can chopped green chilies
1 diced jalapeno
1 diced green pepper
1/4 cup diced onion
4 tbsp butter (put this in the bottom of the crock pot)
2 tsp cumin
1 tsp oregano
1/4 tsp cayenne (optional)
Salt and pepper to taste
Red pepper flakes to taste
Add the kale and spinach - a hand full of each chopped up

Put all ingredients in crockpot **EXCEPT HEAVY CREAM AND CREAM CHEESE** and cook for 2.5-3.5 hours or until chicken is done. Take chicken out of the crockpot and shred up, pull apart with fork. Put back in crockpot.

Eat as is or add:

1/4 cup heavy whipping cream
4 oz soften cream cheese softened
Mix soften cream cheese and heavy cream together, add to crockpot mix together and cook 10 minutes longer. After serving in a bowl may add shredded cheese and a teaspoon of sour cream.