

Cheesy Chicken Taco Soup



Ingredients:

- 2 lb boneless skinless Chicken breasts
- 1 (8-oz) packages Cream Cheese
- 2 heaping tablespoons Taco seasoning
- 1 10 oz can Rotel
- 4 cups Chicken Broth
- 8 oz shredded Mexican cheese
- 2 tablespoons Heavy Cream
- 1 tsp Xanthan Gum

Place first five ingredients into crockpot. Cook on low for 6-8 hours. Remove chicken from crock pot and shred with a fork. Add chicken back to crockpot and add shredded cheese, heavy cream and Xanthan Gum. Stir until cheese is melted. Cook for an additional 30 minutes. Leave on low until ready to serve.

6 Servings

One Cup

Total Carbs: 6g

Fiber 1g

Protein 29g

Fat 32g

Calories 425

Topping Ideas:

Sour cream, Cilantro, Cheese, Jalapeños