

Cheesy Chicken Chili



Ingredients:

- 1 tbsp Butter
- 1/4 Cup Diced Onion
- 1 tsp Minced Garlic
- 1 tsp Ground Cumin
- 1 tsp Dried Oregano
- 1/2 tsp Salt
- 1/2 tsp Pepper (I use Crushed Red Pepper)
- 4 Cups Chicken Broth
- 1 Can Rotel Tomatoes & Chilis Original 10 oz
- 4 oz Cream Cheese
- 2 Cups Shredded Chicken
- 1 Cup Shredded Mexican Blend Cheese

Saute onion in butter, add garlic and spices. When onions are translucent, add broth and Rotel tomatoes. Stir and let come to a boil. Once chili reaches a boil, add cheeses and chicken, stir until combined. Reduce heat and let simmer for about 10 minutes.

6 Servings

One Serving, one cup has:

- Carbs 5g
- Protein 29g
- Fat 15g
- Calories 271