

Taylor Made (a.k.a. Chicken Rotel Pressure Cooker Soup)

From Kuntry Keto

Ingredients:

- 4 Chicken Breast cut into cubes
- 10 oz can of chopped sugar free Tomatoes and Chili's (I use home made rotel)
- 2 tbsp Chili Powder
- 2 tbsp Garlic Powder
- 1/2 tbsp Cumin
- Salt and Pepper to taste
- 3 cups minced Broccoli
- 1/2 tbsp Avocado Oil
- 2 cloves of minced garlic
- 2 cups Chicken Bone Broth
- 1 cup of Heavy Whipping Cream
- 3 cups of Shredded Cheddar Cheese

1. Cut raw chicken breast into cubes. Place chicken into bowl and add chili powder, garlic powder, cumin, salt and pepper and completely cover chicken with spices.
2. Use a food processor and mince the broccoli
3. In pressure cooker, heat oil and add minced garlic. Saute for one minute and fragrant.
4. Add chicken, tomatoes with chili's, bone broth, and broccoli. Close lid and set pressure cooker to meat/stew for 15 minutes.
5. When time is done, let pressure natural release for 10 minutes, then quick release. Let cooker stay in warming mode.
6. Remove the lid and pour in the heavy whipping cream and one cup of the cheese. Stir until melted and add 2nd cup of cheese stir until melted and then 3rd cup.

Notes: If you want this soup really spicy, you can chop up some jalapenos and add when sauteing garlic. When jalapenos are soft, continue with recipe. Just don't forget to change the macros.

Recipe makes 10 cups
Macros for 1 serving (1 cup)
5 g Net Carbs 35 g Protein
34 g Fat 470 Calories

**Remember Macros can change depending on the ingredients you use. The macros posted are strictly based on the ingredients I used creating recipe.