

Low Carb Mexican Chicken Chili

Yield: 10 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/soup-nazi-mexican-chicken-chili-recipe>

Ingredients:

- 1 onion medium, chopped
- 1 tablespoon olive oil
- 2 garlic cloves minced
- 1 pound rotisserie chicken shredded
- 4 cups chicken broth
- 4 ounces chopped green chilies
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1/2 teaspoon cayenne pepper
- 2 cans great northern beans drained, divided
- 1 can pinto beans drained
- 1 cup mexican blend cheese shredded
- 1 jalapeno pepper chopped, optional
- cilantro for garnish, optional

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 120 milligrams
4. Fat: 9 grams
5. Fiber: 7 grams
6. Protein: 21 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 240 milligrams
9. Sugar: 2 grams

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