

Chicken Enchilada Soup

This makes 4 (1.5-cup) servings. Each serving comes out to 365.5 Calories, 33.64g Fats, 8.58g Net Carbs, and 16.8g Protein.

The Preparation

- 3 stalks celery, diced
- 1 medium red bell pepper, diced
- 2 teaspoons minced garlic
- ½ cup cilantro, chopped
- 3 tablespoons olive oil
- Salt and pepper to taste
- 1 cup diced tomatoes
- 5 oz. diced mushrooms
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon chili powder
- ½ teaspoon cayenne pepper
- 4 cups chicken broth
- 8 ounces cream cheese
- 6 ounces chicken, shredded
- ½ medium lime, juiced

The Execution

1. Heat oil in a pan and add celery, garlic, and the bell peppers. Once celery is soft, add tomatoes and mushrooms. Let cook for 2-3 minutes.
2. Add spices to pan and mix well. Pour in the chicken broth and cilantro, bring to a boil, and then reduce to low to simmer for 20 minutes.
3. Once simmering is done, add cream cheese and bring to a boil again. Once boiling, reduce heat to low and simmer for 25 minutes.
4. Shred the chicken and add to the pot, then juice 1/2 lime over the top. Stir everything together.
5. Serve with an additional sprinkling of cilantro, shredded cheese, or sour cream!

I personally recommend adding cilantro & cream cheese at the end. I like my cilantro to be "fresh" and cream cheese isn't going to benefit from simmering for 30 minutes. Blend it in once you take the soup off the heat! I also added some xanthan gum at the end to thicken.

<https://www.ruled.me/chicken-enchilada-soup/>