



Categories: Family Friendly. Low Carb. Gluten Free.

Low Carb Chicken and Cauliflower Rice Soup

Yield: 6 servings

Prep time: 15 minutes

Total time: 50 minutes

Ingredients

Chicken

Boneless skinless chicken thighs | 6

Butter | 4 tablespoons

Garlic powder | 1 teaspoon

Redmond Real salt | 1 teaspoon

Ground black pepper | 1 teaspoon

Avocado or olive oil cooking spray

Soup

Extra virgin olive oil | 2 tablespoons

Raw onion, chopped | ½ cup

Raw carrots, chopped | 1 cup

Minced garlic | 1 teaspoon

Redmond Real salt | 1 teaspoon

Ground black pepper | 1 teaspoon

Chicken broth | 6 cups

Green Giant Riced Veggies, Cauliflower Medley | 1

Heavy whipping cream | ½ cup

Grated parmesan cheese | ½ cup

Directions

1. Set oven to 350 degrees. Rinse chicken thighs and pat dry.
2. Lightly spray 8x8 baking dish with cooking spray and place chicken thighs in dish.
3. Sprinkle salt, pepper, and garlic powder all over chicken thighs. Top chicken thighs with butter- you can melt and pour or evenly cut butter and place on top of chicken.
4. Bake at 350 degrees for about 30 minutes or until internal temperature reaches 165°F.
5. Once fully cooked, set aside and shred once slightly cooled.
6. In large pot, heat olive oil to medium heat and add onion, carrots, garlic, salt, and pepper.
7. Cook for about 5-8 minutes or until vegetables are soft and fragrant.
8. Add shredded chicken, chicken broth, riced veggies, and heavy whipping cream.
9. Bring to boil and then simmer about 10 minutes.
10. Serve immediately and top with fresh parmesan cheese and/or ground black pepper.

Tip: If in a hurry, you can use a cooked rotisserie chicken- just shred and add about 2 cups of chicken. Keep in mind this can change the nutritional content.

Macronutrient Breakdown, per serving

Calories 341 kcal | Fat 22.6 g | Total Carbohydrates 9.3 g | Dietary Fiber 2.1 g |

Net Carbohydrates 7.2 g | Protein 24.6