



DETOX KETO SOUTHWEST CHICKEN SOUP

Description

Our Detox Keto Recipes help in losing weight fast as they are rich in nutrients like vitamins, minerals, antioxidants, flavonoids which detoxes our body and helps in losing weight fast.

Prep Time 20 mins; Cook Time 30 mins; Total Time 50 mins; Servings: 8;

Ingredient

- 1 1/2 pounds boneless skinless chicken breasts
- 1 large onion, peeled and chopped
- 4 cloves garlic, minced
- 1 tablespoon olive oil
- 3 cans Old El Paso Chopped Green Chiles (4.5-ounce cans)
- 14.5 ounces fire roasted crushed tomatoes
- 3 quarts chicken stock
- 1 tablespoon ground cumin
- 1 teaspoon crushed red pepper
- 1/2 teaspoons turmeric
- 2 1/2 cups sliced carrots
- 4 cups chopped cabbage
- 3 cups small broccoli florets
- 2 avocados, peeled and diced
- Salt and pepper

Instructions

1. Set a large 6-8 quart pot over medium heat. Add the olive oil, chopped onions, and garlic. Saut  for 5-6 minutes to soften. Then add whole raw chicken breasts, Old El Paso Chopped Green Chiles, crushed tomatoes, chicken broth, all the spices, carrots, and 1 1/2 teaspoons sea salt.

2. Bring to a boil, lower the heat, and simmer for 20+ minutes, until the chicken breasts are cooked through. Then remove the chicken with tongs and set them on a cutting board to cool.
3. Add the chopped cabbage and broccoli to the pot. Continue to simmer to soften the broccoli. Meanwhile, shred the chicken breasts with two forks, and stir it back into the soup. Once the broccoli is tender, taste, then salt and pepper as needed. Serve warm with a generous amount of diced avocado on top!
4. Follow us for more Detox Keto Recipes (which help in losing weight fast).

Notes

If the soup base boils down too much, add 2-3 cups of water to the broth. Then taste for seasoning.

Grab Free Meal Plan From Here :[keto-diet-plan-for-beginners-step-by-step-guide/](#)

Nutrition

Serving: 1.5cups | Calories: 252 kcal | Carbohydrates: 17g | Protein: 21g | Fat: 12g | Sodium: 315mg | Potassium: 980mg | Fiber: 7g | Sugar: 5g | Net Carb: 10g | Vitamin A: 7395 IU | Vitamin C: 44mg | Calcium: 81mg | Iron: 3mg

Category

1. High Protein Recipes

Date

21/01/2025