

# Spicy White Chili

*Servings per recipe: 1*

*Serving = 1 protein*

This dish is also great fixed in a small crockpot. Toss everything in and put it on while you're out and come back to great tasting dinner! If using the crockpot, you can use cut up uncooked chicken (even frozen!). Feel free to add your allowed vegetable to this as well. I usually add chopped onion.

## Ingredients

- 100 grams cooked chicken breast, shredded
- 1-4 cup hCG Diet approved broth (depending on how soupy you want it)
- 4 cloves minced garlic
- 1/2 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp red pepper flakes
- 1/8 tsp ground cloves
- Tabasco or hot sauce to taste

## Directions

1. Preheat pot over MED-HI heat.
2. Add all ingredients except for tabasco/hot sauce.
3. Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.
4. Add Tabasco or hot sauce right before serving.

