

Esperanza Estates Chili Recipes

KETO WHITE CHICKEN CHILI

From Ken and Kathy Lindeman

Note from Ken: The only thing we did different was added more green peppers and reduced the amount of chicken. We thought the original had too much meat.

<https://www.heyketomama.com/keto-white-chicken-chili/>

Author: Hey Keto Mama

Prep Time: 15 Cook Time: 30 Total Time: 45 minutes

Ingredients

1 lb chicken breast
1.5 cups chicken broth
2 garlic cloves, finely minced
1 4.5oz can chopped green chiles
1 diced jalapeno
1 diced green pepper
1/4 cup diced onion
4 tbsp butter
1/4 cup heavy whipping cream
4 oz cream cheese
2 tsp cumin
1 tsp oregano
1/4 tsp cayenne (optional)
Salt and Pepper to taste

Instructions

In large pot, season chicken with cumin, oregano, cayenne, salt and pepper
Sear both sides over medium heat until golden
Add broth to pot, cover and cook chicken for 15-20 minutes or until fully cooked
While chicken is cooking, melt butter in medium skillet
Add chiles, diced jalapeno, green pepper and onion to skillet and saute until veggies soften
Add minced garlic and saute additional 30 seconds and turn off heat, set aside
Once chicken is fully cooked, shred with fork and add back into broth
Add sauteed veggies to pot with chicken and broth and simmer for 10 minutes
In medium bowl, soften cream cheese in microwave until you can stir it (~20 sec)
Mix cream cheese with heavy whipping cream
Stirring quickly, add mixture into pot with chicken and veggies
Simmer additional 15 minutes
Serve with favorite toppings such as: pepper jack cheese, avocado slices, cilantro, sour cream

Notes

I did not add thickening agents to this chili such as xanthan gum so the liquid will be thinner but the amount of veggies and meat make it a hearty dish

I did not measure the amount it serves, I just separated it into 4 equal servings in bowls

MILD RED CHILI WITH GROUND BEEF AND BEANS

From Cheri Day

Ingredients

2 lbs of ground beef

One can of MILD Chili starter (red sauce)

MILD Rotel tomatoes and green chilis

One can of seasoned black beans

One can of seasoned chili beans

The following spices mixed together in a small bowl:

$\frac{3}{4}$ tsp onion powder

1 $\frac{1}{2}$ Tbsp red chili powder (medium)

3 tsp cumin

1 tsp salt

Instructions

Brown ground beef a day in advance and mix all ingredients (above) together and put in refrigerator (I put it in my slow cooker plastic liner inside a bowl) until the next day. Then you just have to lift the filled liner into your slow cooker and cook on low for 6 to 8 hours. (I think it has better flavor doing this a day in advance...but you can do it all the same day)