

Keto Buffalo Chicken Soup Recipe

Prep: 10 minutes Cook: 25 minutes 🍴 Serves 8

INGREDIENTS

- 2 tablespoons butter
- 4 ribs celery, chopped
- 1/2 of an onion, chopped
- 3 garlic cloves, chopped
- 6 cups chicken broth
- 2 tablespoons ranch dressing mix
- 2/3 cup hot sauce
- 1 cooked rotisserie chicken shredded
- 3 cups cheddar cheese
- 2 cups heavy cream
- Blue Cheese for topping if desired*

DIRECTIONS

- 1 Sauté celery, onion, and garlic, with butter on the stove until tender and translucent.
- 2 In a stockpot, add chicken broth, sautéed veggies, ranch dressing mix, hot sauce, and shredded chicken. Let simmer on the stove for about 15 minutes.
- 3 Reduce heat and add cheese and cream before serving. Stir to combine.
- 4 Serve with crumbled blue cheese, if desired.

NUTRITIONAL INFORMATION

Yield: 8 servings, Serving Size: 1 1/2 cups

Amount Per Serving: Calories: 630, Total Carbohydrates: 6g, Fiber: 1g, Net Carbohydrates: 5g, Total Fat: 53g, Protein: 32g

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