



FUEL &
FLAVOR

SOUPS



BUFFALO CHICKEN CHILI

Recipe from Nicholas Kelly, RD

INGREDIENTS

- 3 chicken breasts (255.2g)
- 28 oz. low sodium chicken broth (793.8g)
- 12 oz. cream cheese (340.2g)
- 1/4 cup whole milk (61g)
- 1/2 cup Frank's Hot Sauce (4 oz., 113.4g)
- 1 cup chopped white onion (160g)
- 4 oz. can green chilies chopped (113.4g)
- 1 teaspoon minced garlic (5g)
- (2) 14.5 oz. cans Great Northern Beans drained (822.2g)
- 2 teaspoons ground cumin (4g)
- 2 teaspoons dried oregano (3.6g)
- 1 Packet Ranch Dressing mix (1 oz., 28.4g)
- 8 oz. shredded Colby & Monterey Jack cheese (224g)

DIRECTIONS

1. Fill a large saucepan with enough water to cover the chicken breasts. Bring to a boil over medium-high heat and cook the chicken for 20-25 minutes, or until the chicken is tender with no pink present.
2. When the chicken is done, remove it from the water and use two forks to shred it.
3. In another large saucepan, combine the chicken broth, cream cheese, milk, and Frank's Hot Sauce. Cook on low heat, stirring until creamy and thoroughly combined.
4. Add the shredded chicken, onions, green chilies, garlic, beans, ground cumin, dried oregano, ranch dressing packet, and half of the Colby Monterrey Jack to the saucepan with the chicken broth mixture.
5. Simmer for 20-30 minutes, stirring regularly. Serve hot with the remaining cheese as a topping.

