

Chicken Sausage Taco Soup (Low Carb)



Servings: 4 Prep Time: 15 min Cook Time: 20 min Oven Temp: ---

Ingredients:

- 2-4 chicken sausage links, cubed (depending on how meaty you like it)
- 2 TBSP butter
- ½ medium onion, diced
- 4 garlic cloves, minced
- 1 jalapeno, seeded and diced (optional)
- 1 TBSP cumin powder
- ½ tsp chili powder
- ½ tsp paprika
- ½ tsp sea salt
- 2 cups chicken broth
- 8 ounces cream cheese
- ½ cup chopped cilantro

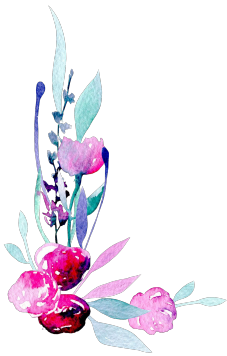
Instructions:

Melt butter over medium-low heat in a soup pot (or dutch oven). Add sausage, onion, garlic and jalapeno. Sauté until onion is transparent.

Add broth and seasonings. Stir until combined.

Cut cream cheese into chunks and add to pot. Stir until incorporated.

Add cilantro and serve warm.



Recipe adapted and inspired by Low Carb Chicken Taco Soup thatlowcarblife.com



WWW.ALLISONPOWERS.COM