

# Keto BBQ Chicken Pizza Soup

Hands-on 15 minutes Overall 1.5 hours



**Nutritional values (per serving):** Total carbs: 10 g, Fiber: 2.8 g, **Net carbs: 7.1 g**,

Protein: 30.8 g, Fat: 32.5 g, Calories: 449 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 8 servings)

1 large chicken or 4-6 chicken legs (1.8-2 kg / 4-4.4 lb, bones in) -  
*will yield about 50% meat*

1 medium red onion (100 g / 3.5 oz)

4 cloves garlic

1 large [tin tomatoes](#), unsweetened (400 g / 14.1 oz)

4 cups green beans (400 g / 14.1 oz)

3/4 cup [Spicy Chocolate BBQ Sauce](#) (180 g / oz)

1 1/2 cup shredded mozzarella cheese, low moisture "pizza" type  
(170 g / 6 oz)

1/4 cup [ghee](#) or lard (you can [make your own ghee](#)) (56 g / 2 oz)

2-3 litres / quarts water (enough to cover the chicken)

1 tsp salt (I like [pink Himalayan](#))

1/2 tsp freshly ground [black pepper](#)

fresh cilantro *or* basil for garnish

## Optionally serve with:

[Chicken Cracklings](#) *or*

[Ultimate Keto Breadsticks](#) *or*

[Ultimate Keto Buns](#)

## Instructions

1. Prepare the chicken by [following the steps in this post](#). Skin the chicken and place it in a large pot filled with water. Add salt and cover with a lid. Bring to a boil. Once boiling, reduce the heat to medium-low and cook for 60-75 minutes. When done, the chicken should be pale and the meat comes off easily. Use tongs and place the chicken in a bowl to cool it down slightly. *What to do with the chicken stock:* To make the soup, you'll need about 2 litres / quarts of the chicken stock. Reserve the remaining chicken stock for other recipes. You can keep it refrigerated for up to 5 days or freeze for longer.

2. Using a fork, shred the meat off the bones and set aside. Peel and finely dice the red onion and garlic. Place both in a large soup pot greased with the ghee and cook over a medium heat until lightly browned and fragrant. Pour in the chicken stock and bring to a boil over a high heat. *You can reserve the chicken bones for future uses and make this super-healthy [Keto Bone Broth](#). Bone broth is not just easy to make and healthy but it will also [help you beat keto-flu!](#)*
3. Meanwhile, wash and trim the green beans (cut off the stalks), cut into smaller pieces and add to the pot together with the tinned tomatoes. Boil until the green beans are crisp tender for about 10-15 minutes.
4. Add the [BBQ Sauce](#) and shredded chicken and take off the heat. Add more salt if needed and season with freshly ground black pepper.
5. Grate the mozzarella cheese - make sure you use the "pizza" type, low-moisture mozzarella. Pour the soup into serving bowls and add the shredded mozzarella. Garnish with cilantro and enjoy! *Tips for serving:* Try this soup with crispy [Chicken Cracklings](#), [Ultimate Keto Breadsticks](#) or [Ultimate Keto Buns](#). *Tips for storing:* Store in the fridge for up to 5 days or freeze for up to 6 months. The mozzarella cheese should always be added just before serving.

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