Keto BBQ Chicken Pizza Soup

Hands-on 15 minutes Overall 1 hour 30 minutes

Nutritional values (per serving, about 2 cups/ 480 ml): Total carbs: 10.1 g, Fiber: 3.3 g, **Net carbs: 6.8 g**, Protein: 30.3 g, Fat: 32.5 g, Calories: 447 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 8 servings)

1 large chicken or 4-6 chicken legs (about 1.8 kg/ 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/ 6.4 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) (60 ml/ 2 fl oz)

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

1 tsp sea salt

1/2 tsp freshly ground black pepper

fresh cilantro *or* basil for garnish

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.
2. 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.
3. 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.
4. 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.
5. Add the BBQ Sauce and shredded chicken and take off the heat. Add more salt if needed and season with freshly ground black pepper.
6. 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!
7. You can serve this soup with crispy Chicken Cracklings, Ultimate Keto Breadsticks or Ultimate Keto Buns.
8. 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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