





# Chicken Chili

Keto ~ Low Carb



# Low Carb Chili | Chicken and Bacon!

My obsession with chili continues with this [Low Carb Chili](#) recipe. We first gave you [Chili With Bacon](#), but now have moved away from ground beef to tender chunks of chicken breast. Watch me walk you through how to make it below!

## Easy Chili Recipe

As you can see in the video above, all I do is partially cook the bacon and chicken and then toss in the rest of the ingredients. Once everything is combined you just have to allow it to reduce. During the reduction process all the flavors become more concentrated and all the veggies cook down into the meats and broth. It's really the easiest dinner to make for a large family gathering or even just for one, with leftovers for the next day! And, by adding soy beans everyone will be left feeling satisfied none the wiser that it's low carb!

## Chicken Chili With Bacon

Adding bacon to meals is always an option and probably the best decision you can make. It not only ups the fat in the recipe, but gives a huge boost of flavor. Bacon is essential to a delicious low carb chili! In this recipe we kept it respectable by adding 3 pieces of bacon for a four serving recipe – please don't let that hold you back from amping up the bacon to chili ratio. The more bacon the merrier!

## Low Carb Chili

In this chili recipe we added in a can of soy beans for some substance and to give you the real chili feel! Some of you may not like to incorporate soy and if that is the case please feel free to omit them – it will be just as satisfying without the beans! However, this is our only recipe with soy beans as we like to incorporate them minimally when possible. If you do like the idea of using soy beans, which are high in fiber, a great place to add them would be in our [Low Carb Breakfast Bowl](#) and [Pork Rind Nachos](#). But, before anything make this low carb chili recipe!

**Recipe can be quickly added to MyFitnessPal – Search “KetoConnect – Low Carb Chili”**