

HCG P2 Chicken Chili

Nutrition Info

- Calories: 166.6
 - Fat: 1.8g
 - Carbohydrates: 16.3g
 - Protein: 22.3g
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Ingredients

1 large tomato, diced
3oz chicken, diced
.5 cup diced onion
1 garlic clove, diced
1tsp cumin
1tsp chilli powder
.5tsp cilantro

Directions

In a medium size non-stick pan(or pot) cook chicken till done. Add diced tomatoes, onion, garlic, and spices to chicken. Cook on med high until tomatoes are soft. Add small amounts of water if needed. Cook till juices reduce down. Serve hot!

Number of Servings: 1

Recipe submitted by SparkPeople user KIELEB.