



Crockpot Butter Ranch Chicken

This Keto dinner recipe is delicious, easy, and I bet you have these simple ingredients at home! Grab your crockpot and make this delicious healthy dinner!

To decrease the carbs, reduce the riced cauliflower or make your own ranch seasoning!

Recipe:

¼ C Butter

1 lb Chicken

1 ½ T Ranch Seasoning

2 C Cauliflower Rice

Place chicken, butter, and ranch seasoning in the crockpot for 3-6 hours on high.

Saute cauliflower rice with butter and seasoning. Serve with the chicken on top.

Serves 4

Calories: 225, Fat: 14g,

Carbs: 6g, Fiber: 1g, (Net Carbs 5) Protein: 23g



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