



Keto Stovetop Creamy Chicken Broccoli

Another easy Keto one-dish wonder! Chicken, broccoli, spinach and tomatoes cooked with an AMAZING cream sauce. I love meals that sneak in lots of veggies without extra carbs. Eat this one plain, with cauliflower rice or zoodles!

Recipe:

1 lb Chicken Breast, Cooked and Diced
1 T Butter
2 tsp Garlic
½ C Mozzarella Cheese
1 tsp Italian Seasoning
4 oz Cream Cheese
¼ C Heavy Whipping Cream
2 T Parmesan Cheese
2-3 C Broccoli
¼ C Petite Diced Tomatoes
3 C Spinach
2 C Cauliflower Rice or Zoodles
(optional)



Prepare Chicken (try the Instant Pot, or any other way you like to cook chicken!)

Then, Saute the Butter and Garlic.

Finally, add Chicken, Mozzarella Cheese, Italian Seasoning, Cream Cheese, Heavy Whipping Cream, Parmesan Cheese, Broccoli, Tomatoes, and Spinach and simmer until spinach is cooked down and broccoli is cooked.

Serve plain or over cauliflower rice or zoodles!

The Keto Dad Tips and Tricks:

- We like to instant pot 2 lbs of chicken for the week and use half for an easy Keto dinner recipe like this and half for a recipe like chicken tacos or chicken salad.

Serves: 6

Calories: 336, Fat: 19g, Carbs: 8g, Fiber: 3g, (Net Carbs 5), Protein: 30g

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