GLOBAL · LUNCH · DINNER

Creamy Chicken and Cheddar Soup with Bacon

30 min · Serves 2 · 769 kcal a serve · Video 8:10 · Meet Carnivore

Carnivore · Gluten-free ingredients · No nuts listed

A filling chicken soup thickened with egg yolks and cheese instead of flour, with no added sugar: each bowl gives about 59 g of protein and is rich in vitamin B12, selenium and calcium.

Diet notes: Keto (4.2 g net carbs a serve).

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Ingredients 8 · SERVES 2

- [ ] 9 oz (2) **chicken thighs**
- [ ] 4 slices **bacon**, for the topping
- [ ] 2½ cups **chicken bone broth**
- [ ] 2½ oz **cream cheese**, softened
- [ ] 2 **egg yolks**
- [ ] 3½ tbsp (3–4 tbsp) **heavy cream**
- [ ] 3 oz **cheddar cheese**, grated
- [ ] **salt** to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Air-fry the chicken thighs and bacon slices at 400°F. Take the bacon out after about 7 minutes; cook the chicken 5–6 minutes more (12–15 minutes in all) until cooked through. 0:59
2. Shred the chicken with two forks and chop the bacon. 2:21
3. Heat the broth in a pot over medium heat until it starts to steam, then stir in the cream cheese until it melts. Add the chicken and season with salt. 2:38
4. Whisk the egg yolks with the cream in a small bowl, then whisk in about 1½ ladles of the hot soup. Stir this back into the pot and let it simmer gently for a few minutes. 3:16
5. Turn the heat to low and add the cheddar a handful at a time, letting each one melt before the next; keep a little back for the top. 4:09
6. Ladle into bowls and top with the chopped bacon and the last of the cheddar. 4:30

> **Tip** Serves 2 (our estimate), or one big one-meal-a-day bowl, as the cook suggests. It scales up well: reheat gently on low heat so the cream doesn't split. Season with plain salt to keep it strict; the cook says other spices are optional.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
769 kcal	59 g	4.2 g	0 g	57 g	1,500 mg
3,220 kJ	118% of a day	4.2 g net · 2.2 g sugars	0% of a day	29 g saturated	65% of a day
		2% of a day		73% of a day	

Energy from net carbs 2% · protein 31% · fat 67% — fits keto: 4.2 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 96% · Vitamin B12 77% · Zinc 48% · Vitamin A 46% · Vitamin B6 35% · Calcium 33% · Omega-3 23%

Source of (10–19%) Iron 16% · Potassium 13% · Magnesium 13% · Folate 12% · Vitamin E 10%

⚠ One serve has about 65% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Meet Carnivore (@meetcarnivore) on YouTube — youtube.com/watch?v=S_AOhnAZ-3g, published 4 October 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-chicken-cheddar-soup-bacon