

DINNER

Chili Con Queso

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.73	626 kcal

The recipe Chili Con Queso could satisfy your American craving in about 45 minutes. This gluten free recipe serves 4 and costs \$1.73 per serving. One portion of this dish contains approximately 30g of protein, 45g of fat, and a total of 626 calories. 1 person were glad they tried this recipe.

Ingredients

- ☐ 10 ounce tomatoes with green chiles, drained
canned
- ☐ 16 ounce pasteurized prepared cheese product,
cubed
- ☐ ½ cup chicken broth, divided
- ☐ 1 small onion, chopped
- ☐ 4 servings Tortilla chips

EQUIPMENT Sauce pan

Method

- 1

Cook onion in 1 tablespoon chicken broth in large saucepan over low heat 5 minutes or until tender, stirring often. Stir in cheese and tomatoes until cheese begins to melt; stir in chicken broth, 1/4 cup at a time, until dip is desired consistency.
- 2

Serve with tortilla chips.
- 3

Note: For testing purposes only, we used Velveeta for pasteurized prepared cheese product.

Nutrition per serving

626

KCAL

30 g

PROTEIN

45 g

FAT

29 g

CARBS

Saturated Fat	22.6 g · 44% of daily needs
Fibre	3.2 g · 13% of daily needs
Sugar	4.6 g · 9% of daily needs
Sodium	1,037 mg · 45% of daily needs
Cholesterol	114 mg · 38% of daily needs
Vitamin C	7.8 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chili-con-queso-148596