

PREPARATION: **30** MINUTES

COOKING: **4-6** HOURS (SLOW COOKER OR OVEN)

6 SERVINGS

CHICKEN CHILI STEW

INGREDIENTS

1 lb boneless, skinless chicken thighs, diced ½"

2 tablespoons jalapenos, minced

1 tablespoon garlic, minced

½ cup celery, diced ½"

1 cup onion, diced ½"

1 cup red pepper, diced ½"

1 cup corn, frozen

2 cups no salt added chicken broth

1 tablespoon all purpose flour

1 tablespoon cumin

2 teaspoons chili powder

½ teaspoon oregano

2 tablespoons lime juice

¼ cup cilantro, finely chopped

1 cup long grain white rice, dry

½ cup sour cream



Nutrient Analysis

PER SERVING:

⅓ of recipe

RENAL EXCHANGE:

2 Protein + 2 Starch + 1 Vegetable

Calories **268Kcal**

Protein **21g**

Carbohydrates **31g**

Fibre **2.4g**

Total Fat **7g**

Saturated Fat **3g**

Cholesterol **78mg**

Sodium **147mg**

Potassium **545mg**

Phosphorus **246mg**

PHOSPHATE TIP

Chicken is a great choice for your kidney diet because it is a good source of protein with low phosphorus content.

PREPARATION

- 1** Turn slow cooker to low temperature setting. Add chicken to the base of the slow cooker. Add jalapenos, garlic, celery, onion, red pepper and corn.
- 2** In a measuring cup, whisk together chicken broth, flour, cumin, chili powder and oregano. Pour over chicken and vegetable mixture. Add lime juice and cilantro.
- 3** Cover and cook on low for 4 to 6 hours, until chicken is cooked and tender and stew is slightly thickened.
If you choose to use the oven: preheat to 225°F and cook for 4 hours. Add additional time to add more tenderness, if you like.
- 4** After cooking is completed, remove the stew from the heat source. Fold in the cooked white rice and sour cream. Serve immediately.