



*Delicious!*

PREPARATION: 30 MINUTES | COOKING: 4 TO 6 HOURS (SLOW COOKER OR OVEN) | SERVINGS: 6

# CHICKEN CHILI STEW

## INGREDIENTS

1 lb boneless, skinless chicken thighs, diced ½ inch

2 tablespoons jalapenos, minced

1 tablespoon garlic, minced

½ cup celery, diced ½ inch

1 cup onion, diced ½ inch

1 cup red pepper, diced ½ inch

1 cup corn, frozen

2 cups chicken broth, no salt added\*

1 tablespoon all-purpose flour

1 tablespoon powdered cumin

2 teaspoons chili powder

½ teaspoon dried oregano

2 tablespoons lime juice

¼ cup cilantro, finely chopped

1 cup long grain white rice, dry

½ cup reduced-fat sour cream

\* Look for low- or reduced-sodium broth containing 200mg sodium or less per 1 cup serving. Avoid low-sodium broth that contains potassium chloride because it is very high in potassium.

## PREPARATION

- 1 Turn slow cooker to low temperature setting. Add chicken to the base of the slow cooker. Add jalapenos, minced 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.
- 5 Cook rice according to instructions on the package.
- 6 Fold in the cooked white rice and sour cream into the stew. Serve immediately.



# CHICKEN CHILI STEW



## Nutrient Analysis

### PER SERVING

% of recipe

#### Renal/Diabetic exchanges:

2 Meat + 1 Starch +  
1 Higher-Potassium Vegetable

Calories **225Kcal**

Protein **21g**

Total Carbohydrate **24g**

Fiber **2g**

Sugars **4g**

Fat **7g**

Saturated **3g**

Cholesterol **64mg**

Sodium **146mg**

Potassium **513mg**

Phosphorus **201mg**

Calcium **62mg**

Iron **2mg**

Magnesium **41mg**

Vitamin C **42mg**

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

### Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

## POTASSIUM CHECK

### Chicken as a protein choice

Protein is a necessary part of your diet with chronic kidney disease (CKD). In early stages of CKD, your protein intake should be approximately 12 to 15% of total calories. As CKD progresses, your dietitian may recommend you lower your protein intake. Meeting with a renal dietitian can help you determine the amount of protein your body needs. Chicken is a good source of protein and also low in potassium, making it a good choice for people with CKD.

**Fresh** chicken is readily available in your grocery store. This food item can be diced and cooked as part of an omelet, grilled as an entree, or cooked and shredded in salads. **Frozen** chicken is a second option. While handy to use in recipes with limited cooking time, read labels to avoid any addition of high-sodium or high-potassium preservatives. **Canned** chicken is a third option. It is important to remember, the liquid found in canned meat is usually high in sodium. Canned meats that are low in sodium may be high in potassium so it's always important to read the Nutrition Facts label and the list of ingredients.

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