

Low Phosphorus Crock-Pot Chicken Chili



Serving Size

6



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 16 ounces skinless / boneless chicken breast
- 2 1/2 cups chicken broth (no salt added)
- 1/4 cup sour cream
- 1 cup white rice (dry)
- 1/2 cup onion
- 1/2 cup corn
- 1/2 cup celery
- 1/2 cup red bell pepper
- 1/4 cup carrots
- 1 tbsp garlic
- 3 tbsp cilantro
- 1 tsp chili powder
- 2 tsp cumin

Directions

1. Add chicken to bottom of crock-pot
2. Chop onions, celery, red pepper, and carrots. Place on top of chicken in crock-pot.
3. Add the rest of the ingredients to the crock-pot and cook on low for 6 hours or until chicken reaches an internal temperature of 165F
4. Shred the chicken in crock-pot and mix all ingredients together
5. Enjoy!

Nutrition Facts

Serving Size: 1 1/2 cup Chili

Amount per serving

Calories 295

Sodium	160 mg
Potassium	410 mg
Phosphorus	225 mg
Carbohydrates	32 g
Protein	27 g