

WHITE BEAN SOUP

INGREDIENTS

- 2 tablespoon olive oil
- 4 cloves garlic
- 1 yellow onion
- 4 carrots
- 4 ribs celery
- 1 lb. dry navy beans
- 1 bay leaf
- 1 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/2 teaspoon smoked paprika
- Freshly cracked black pepper
- 6 cups water
- Salt to taste

DIRECTIONS

1. Mince the garlic, dice the onion, slice the celery, and peel and slice the carrots. Add all to a large (5qt or larger) slow cooker with the olive oil.
2. Give beans a quick rinse and add to the slow cooker, along with the bay leaf, rosemary, thyme, paprika and pepper.
3. Add six cups of water to the slow cooker and stir to combine the ingredients. Cook on low for 8-9 hours or on high for 4-5 hours.
4. After 8 hours on low or 4 hours on high, stir the soup and begin to mash the beans against the side to thicken the soup. Once the soup is thickened to your liking, start adding salt to taste. Begin with 1/2 tsp and add more until the soup tastes flavorful to you.
5. Serve the soup hot with crackers or toasted bread for dipping.

Nutrition Information:

*Serving 1.5 cups • Calories 328 •
Carbohydrates 52.73g • Protein 16.97g •
Fat 5.82g • Sodium 684 mg • Fiber 20.82g*



Wisconsin Athletic Club

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