

# Slow Cooker White Beans

*A slow cooker is ideal for cooking beans, which require many hours of gentle simmering. This recipe makes enough beans for 12 servings of beans, or 3, 4 serving recipes.*

*If you do not have a slow cooker you can always use a heavy oven safe dish with a lid, like a Dutch oven, and use your oven. You can set it to 250°F to recreate a "low" setting on a slow cooker, or 325°F for a "high" setting.*

## Ingredients

- 2 Lb. dried small white beans, such as Cannellini or Navy
- 2 Tbsp. Olive Oil
- 1 Yellow Onion, chopped
- 4 cloves Garlic
- 1 1.2 Tbsp. Salt
- Salt and pepper to taste

## Directions

- **Parboil the beans**
  - Put the beans in a large pot and add cold water to cover. Bring to a boil over high heat, about 15 minutes. Drain the beans and transfer to the slow cooker.
- **Cook the beans**
  - Meanwhile, in a frying pan over medium-high heat, warm the 2 Tbsp. olive oil. Add the onion and garlic and sauté until the onion is translucent, about 4 minutes. Add the onion, garlic, and 1 ½ Tbsp. salt to the slow cooker and stir to combine with the beans. Add cold water to cover the beans by about 2 inches. Cover and cook until the beans are tender, on the high heat setting for 4 hours or the low-heat setting for 8 hours. Season to taste with salt and pepper.
- **Use or store the beans**
  - Use the beans in one of your favorite recipes. If you are storing them, allow them to cool to room temperature. Place them in airtight containers or heavy duty resealable plastic bags in the refrigerator for up to 3 days or in the freezer for up to 1 month.
  - If freezing for multiple recipes, portion the beans in bags for different the different recipes prior to freezing. This way you can pull out just the right amount for one recipe and keep the rest safely in the freezer.
    - *Freezing tip: place beans or soups in heavy duty resealable plastic bags and freeze flat between two baking sheets. This allows you to stack them in the freezer, taking up less space than bulky plastic or glass containers.*

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
12 servings per container		<b>Total Fat</b> 3g	<b>4%</b>	<b>Sodium</b> 880mg	<b>38%</b>
<b>Serving size</b>		Saturated Fat 0g	0%	<b>Total Carbohydrate</b> 46g	<b>17%</b>
<b>Calories</b> per serving	<b>270</b>	Trans Fat 0g		Dietary Fiber 11g	<b>39%</b>
		Polyunsaturated Fat 1g		Total Sugars 1g	
		Monounsaturated Fat 2g		Includes 0g Added Sugars	<b>0%</b>
		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 18g	<b>36%</b>
		Vitamin D 0mcg	0%	Calcium 0mg	0%
		Potassium 1023mg	20%	Folate	35%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.