

White Bean Soup

using

Slow Cooker White Beans

Ingredients

- 4 cups Slow Cooker White Beans
- 1 tsp. Fresh Thyme (or ½ tsp. dried Thyme)
- 6 cups reduced sodium chicken broth
- Salt and pepper to taste
- Olive oil, for drizzling

Directions

- **Make soup**
 - Put 2 cups of the beans in a food processor or blender and puree until smooth. In a saucepan over medium heat, combine pureed beans, the remaining 2 cups whole beans, thyme, and broth. Bring to a simmer then lower the heat to medium-low. Cook, stirring occasionally, until the flavors have blended, about 10 minutes. Season to taste with salt and pepper. Ladle the soup into bowls, drizzle each serving with olive oil, and serve.
 - *You can also portion the soup into small containers and take for a quick, filling lunch. Pair it with a green salad to round out the meal.*

<p>Nutrition Facts</p> <p>4 servings per container</p> <p>Serving size</p> <p>Calories per serving 340</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>*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.</p>		
	Total Fat 6g	8%	Sodium 1030mg	45%			
	Saturated Fat 1g	5%	Total Carbohydrate 50g	18%			
	Trans Fat 0g		Dietary Fiber 13g	46%			
	Polyunsaturated Fat 1g		Total Sugars 2g				
	Monounsaturated Fat 4g		Includes 0g Added Sugars	0%			
	Cholesterol 0mg	0%	Protein 25g	50%			
	Vitamin D 0mcg	0%	• Calcium 0mg	0%		• Iron 0mg	0%
	Potassium 1333mg	30%	• Folate	35%			