

Lunch | Dinner

Slow Cooker Lemony Tuscan Bean Soup

10 Mins
Prep Time

2-5 Hrs
Cook Time

6
Servings

296 Calories **5g Fat** **44g Carbs** **17g Protein**



Ingredients

6 Servings **2-3 Hrs "High" Setting • 4-5 Hrs "Low" Setting** **Allergens: Nuts, Dairy**

6 Cups Low-Sodium Chicken Broth	4 Sage Leaves
½ Cup Quinoa, uncooked	Juice of 2 Lemons + 2 Tbsp Lemon Zest
1 White Onion, chopped	2 Cups Tuscan Kale, chopped
2 Carrots, peeled and chopped	2 Cans (15 oz.) Cannellini Beans, drained and rinsed
¼ Cup Basil Pesto	Salt and Pepper, to taste
½ Tsp Red Pepper Flakes	Grated Parmesan for serving (optional)

Allergen Swap

Nuts Use a nut-free pesto or "pistou"

Dairy Use a cheese-free pesto (vegan pesto); omit parmesan cheese as a garnish

Nourishment Note!



Cannellini Beans

Cannellini beans are full of fiber, protein, and antioxidants. They can also play a role in maintaining a healthy weight, blood sugar control, and heart health.



Kale

Kale is one of the most nutrient dense foods in the world and contains several types of antioxidants. Due to these antioxidants, kale may be an anti-inflammatory food, an important quality for those with psoriatic disease.



Quinoa

Quinoa is a gluten-free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.

Instructions

1 Add Ingredients to Slow Cooker

To the bowl of the slow cooker, add chicken broth, quinoa, onion, carrots, pesto, red pepper flakes, sage, and a pinch of salt and pepper. Cover and cook on low for 4-5 hours or on high for 2-3 hours.

2 Stir In Final Ingredients

Approximately 30 minutes before serving, stir in the lemon juice, lemon zest, kale, and cannellini beans.

3 Ladle Into Bowls & Enjoy!

After 30 minutes, taste the soup and adjust salt and pepper, as needed. Ladle into bowls and top with freshly grated parmesan cheese, if desired.

Recipe adapted from halfbakedharvest.com

What You'll Need



Slow Cooker



Measuring Cups



Measuring Spoons



Knife



Cutting board



Colander



Micro-plane/Zester



Ladle

PD Cooking Tips

Onion: Look for pre-diced onion in the deli-section of your local grocery.

Pesto: Use jarred pesto.

Kale: Use bagged, pre-chopped kale.

Carrots: Try chopping the carrots and storing in the refrigerator a few days in advance to limit prep time.

Lemon: Use bottled lemon juice and omit the lemon zest.