

Lunch | Dinner

Slow Cooker Lemony Tuscan Bean Soup

Side Effect: Dry Mouth

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

½ Cup Quinoa, uncooked

1 White Onion, rinsed and chopped

2 Carrots, peeled, washed and chopped

¼ Cup Basil Pesto

½ Tsp Red Pepper Flakes

4 Sage Leaves, rinsed

Juice of 2 Lemons + 2 Tbsp Lemon Zest, wash before juicing and zesting

2 Cups Tuscan Kale, washed and chopped

2 Cans (15 oz) Cannellini Beans, drained and rinsed

Salt and Pepper, to taste

Grated Parmesan for serving, pasteurized



Nourishment Note



Chicken Broth

Chicken broth provides moisture to foods, making them easier to chew and swallow. Broth is also helpful for hydrating the body.



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. It is an incredible source of vitamin K and may also help to lower cholesterol. Kale also contains several types of antioxidants, which helps to protect healthy cells and may be anti-inflammatory.



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. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. 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.

3. Stir In Final Ingredients

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

4. 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.

5. Store

Refrigerate soup within two hours. Soup will keep in the refrigerator for up to two days.

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from _____

What You'll Need



Slow Cooker



Measuring Cups



Measuring Spoons



Knife



Cutting board



Colander



Micro-plane/Zester



Ladle

Allergen Swap

Nuts Use a nut-free pesto or "pistou"

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

Fatigue Buster

- Purchase pre-chopped carrots.
- Purchase pre-chopped onion.
- Purchase pre-squeezed lemon juice.