

Slow Cooker White Bean Soup

Provided by the Placer/Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet

Recipe type: Main dish, Fall & Winter

Serves: 6-8

Prep Time: 15 minutes

Cook Time: 8 hours (on Low in Slow Cooker)



Ingredients

- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 1 medium yellow onion, chopped
- 5 carrots (2 cups), peeled and sliced
- 4 stalks celery, chopped
- 1 pound dry Northern beans (that have been soaked)
- 2 bay leaves
- 1 teaspoon dried rosemary
- ½ teaspoon dried thyme
- ½ teaspoon paprika
- Pepper, to taste
- 1½ teaspoon salt (or more, to taste)

Directions

1. Add the oil, garlic, onion, carrots, and celery to a large (5 quart or larger) slow cooker.
2. Sort through the beans and remove any debris. Give them a quick rinse, then add them to the slow cooker, along with the bay leaves, rosemary, thyme, paprika, and pepper.
3. Add 6 cups of water to the slow cooker and stir to combine the ingredients. Place the lid on the slow cooker and cook for 8 hours on Low or on High for 4-5 hours.
4. Just before serving, stir the soup and mash the beans slightly.
5. Add salt, to taste, and serve.



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