

# Slow Cooker Chicken and White Bean Soup

## Ingredients

- 3 cans cannellini beans, rinsed and drained
- 6 cups low-sodium chicken broth
- 1 sweet onion, chopped
- 2 carrots, peeled and chopped
- 1 teaspoon fresh thyme leaves, or 4-5 sprigs of thyme
- 1 Parmesan cheese rind (found in the cheese department)
- 1 ½ pounds chicken breast
- 4 cups chopped kale
- 1 14.5-ounce can chopped tomatoes with juice (do not drain)
- 2 tablespoons vinegar or the juice of 1 lemon
- 1/2 teaspoon salt
- 1 teaspoon fresh ground black pepper

## Nutrition Facts

Serving size: 2 cups

Servings: 8

Amount per serving

**Calories** **330**

% Daily Value\*

**Total Fat** 7.3g **9%**

Saturated Fat 2g **10%**

**Cholesterol** 76mg **25%**

**Sodium** 718mg **31%**

**Total Carbohydrate** 29.7g **11%**

Dietary Fiber 9.3g **33%**

Total Sugars 5.3g

**Protein** 35.2g

## For serving:

- hot sauce
- fresh grated Parmesan cheese

## Instructions

1. Combine the beans, chicken broth, onion, carrots, thyme and Parmesan rind in a 6-quart slow-cooker. Place the chicken breasts on top of the vegetables and push lightly to submerge. Cover and cook on LOW until the beans and vegetables are tender, 7 to 8 hours.
2. Remove the chicken breasts to a cutting board. Allow the chicken to stand until cool enough to handle, about 10 minutes. Shred the chicken.
3. Add the chicken back to the slow cooker and stir in the kale. Turn the slow-cooker up to high and cook until the kale is tender, about 30 minutes. Remove the Parmesan rind and discard.
4. Add the can of tomatoes, with juice, vinegar, salt and pepper and stir gently to combine. Heat for 5-10 minutes on HIGH or until warmed through. Serve the soup drizzled with hot sauce, or fresh grated Parmesan.

