

White Bean and Ham Soup

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Servings: 6

Preparation Time: 15 minutes

Cook time: 6 hours

1 pound dry cannellini beans
1 large onion, chopped
2 carrots, peeled and sliced
3 cloves garlic, chopped
1 can (14 1/2 oz) stewed tomatoes
1 1/2 teaspoons dried Italian seasoning
8 ounces low-sodium ham, diced
1/2 teaspoon salt
1/2 teaspoon black pepper
crusty bread (optional)
fresh parsley (optional)

Place the beans in a large pot and cover with water. Bring to boiling. Cover and turn off the heat. Allow to soak overnight.

Coat a slow cooker bowl with nonstick cooking spray.

Drain the beans and add to the bowl.

Add four cups of water, onion, carrots, garlic, tomatoes, Italian seasoning and ham. Stir to combine, breaking up the tomatoes with a wooden spoon.

Cover and cook on HIGH for 6 hours.

Season with salt and pepper. Mash the beans slightly to thicken the soup.

Serve with crusty bread and garnish with parsley, if desired.

Per Serving (excluding unknown items): 33 Calories; trace Fat (4.0% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 198mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.