

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 with soap and water.

### 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 Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## 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.