

# Chicken & Veggie Bean Soup



- Vegetarian option provided below
- Using a Crockpot is the easiest method

**READ THE DIRECTIONS FIRST!**

**Yields:** about 6 cups soup

## **Ingredients:**

15 oz. can Great Northern Beans or  
Cannellini Beans drained, rinsed  
1 cup Yellow Onion, chopped  
1 Medium Fennel Bulb, trimmed and  
cut into 1/2" pieces (slice like celery  
slices, which are ok to substitute if  
you prefer)  
2 Medium Carrots, peeled and diced  
2 tsp. Garlic, minced  
2 Tbsp. Flat Leaf Parsley, chopped  
1 tsp. Dried Thyme, crushed  
1 tsp. Dried Oregano  
3 shakes Morton's Natures  
Seasoning or other All Purpose Low  
Sodium Seasoning\**can add more  
after you do a taste test*  
32 oz. Low Sodium Chicken or  
Vegetable Broth  
1 cup water  
2 1/2 cups COOKED Chicken Breast,  
diced or  
1 1/2 cups BROWNED Tempeh,  
crumbled  
14.5 oz. can Italian- Style Stewed  
Tomatoes

## **Directions:**

**Step 1:** In a large heavy-gauge  
saucepan, Crockpot or Dutch oven,  
combine onion, fennel, carrots,  
garlic, parsley, thyme, oregano, and  
Natures Seasonings. Add beans  
atop of the veggies. Pour broth and  
water over-top.



**Step 2:** Cover the cooking vessel  
and cook;  
**LOW** for 8 - 10 hrs. or  
**HIGH** 4 - 5 hrs.

**Step 3:** The final 30 minutes of  
which-ever setting you chose, add  
chicken or tempeh and undrained  
can of tomatoes. Allow to finish  
cooking on the high-setting or  
higher heat until heated through for  
serving.

## **Complete Meal Portions:** **2 Unit Meal Portion**

1 cup soup

## **3 Unit Meal Portion**

1 1/2 cup soup

## **4 Unit Meal Portion**

2 cups soup

## **5 Unit Meal Portion**

2 1/2 cups soup