



Healthy Food for a Wealthy Mood



Creamy White Bean Soup

2 Tbsp. olive oil
1 ½ Cups chopped onion
1 Cup diced celery
1 Cup diced carrot
1 Tbsp. chopped fresh thyme
6 garlic cloves, chopped
2 lbs. smoked ham hocks
1 lb. dried Great Northern beans
2 (26 oz.) containers unsalted chicken stock
¼ Cup minced fresh chives
1 tsp. freshly ground black pepper

Heat a skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion and next 4 ingredients (through garlic); cook 10 minutes or until vegetables are tender. Scrape onion mixture into a 6-quart electric slow cooker. Add hocks, beans, and stock. Cover and cook on low or 8 hours or overnight.

Remove hocks from pan; cool slightly. Remove meat from bones; discard fat, skin, and bones. Chop meat; stir into beans. Cook 10 minutes to allow flavors to meld. Sprinkle with chives and black pepper.

Serves 8, (1 Cup)

CAL 260; FAT 5.1g; PRO 19.1g; CARB 36.2g; FIB 11.2g;
CHOL 8mg; IRON 3.6mg; SOD 639mg; CALC 136mg

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