

SLOW COOKER BEAN SOUP

INGREDIENTS

4 servings	8 servings	12 servings*	
.5 lb	1lb	1.5 lb	15-bean dry soup mix
.5	1	1.5	onion, chopped
.5	1	1.5	green pepper, chopped
1.5	3	4.5	carrots, peeled and chopped
1.5	3	4.5	stalks celery, chopped
7.5 oz	15 oz	22 oz	canned diced tomatoes
2 oz	4 oz	6 oz	canned chopped green chili peppers
.5 qt	1 qt	1.5 qts	vegetable broth
.5 qt	1qt	1.5 qts	water
.5 t	1 t	1.5 t	garlic salt

INSTRUCTIONS

1. Rinse beans. Cover with water and soak overnight.
2. Drain and rinse beans. Place into slow cooker with all other ingredients. Cover and cook on low for 8-10 hours.

*for 12 servings, two slow cookers will be needed.



Nutrition per Serving

Kcal: 240

Protein: 14 grams

Carbohydrate: 45 grams

Fat: 1 gram