

Crock Pot Two Bean Chicken Soup

Dried beans need to be soaked overnight. They are an economical source of protein and iron; they're naturally cholesterol-free and low in fat and sodium. They're filling and provide some of the "starchy" food you may be missing. Serve this substantial soup with a big green salad if you'd like.

- **1/2 pound dried navy beans**
- **1 pound frozen baby lima beans**
- **2 pounds boneless chicken breasts, cubed**
- **1 tsp. salt**
- **2 Tbs. oil, divided**
- **1 large onion, chopped**
- **3 carrots, sliced**
- **2 celery stalks, thinly sliced**
- **1 garlic clove, minced**
- **4 c. homemade chicken broth**
- **2 c. water**
- **1/2 tsp. pepper**
- **1/4 c. fresh parsley, minced**



Notes: SCD legal navy beans need to be soaked for at least 10 hours, drained, then cooked in fresh water according to package directions. May be frozen in 2 c. increments.

Broth needs to be homemade, as purchased broths contain illegal root vegetables.

Sort beans and rinse with cold water. Place in a saucepan and cover with water overnight. Drain and rinse beans, discarding liquid; Cover with plenty of fresh water and bring to a rolling boil for 20 minutes. Drain and set beans aside.

Sprinkle chicken with salt. In a non-stick skillet, sauté chicken in 1 Tbs. oil until no longer pink. Drain and set aside. Sauté onion in remaining oil until

tender. Add the carrots, celery and garlic; sauté 2 minutes longer.

In the crock pot, combine vegetables, chicken, broth, water, and navy beans; Set on LOW heat for 8 to 10 hours; or until beans are tender. Cook lima beans according to package directions and stir into soup before serving. Stir in parsley and remaining salt. Taste to correct seasonings.