



NutritionRx
Jennifer Broxterman

Ham and White Bean Crockpot Soup

Looking for an easy, satisfying slow cooker recipe for days where life gets busy? This crockpot soup recipe can be prepared ahead of time and stored in a Ziploc bag in the freezer. Simply dump the contents into a slow cooker and let it simmer during the day while you're at work!

Prep: 20 minutes • Total: 8 hours (in slowcooker)

Ingredients:

Ham, diced	2 cups	500 mL
Garlic cloves, minced	2 each	2 each
Onion, medium, diced	1 each	1 each
Carrots, peeled, diced	3 each	3 each
Celery stalks, diced	2 each	2 each
Fresh green beans, chopped	1 cup	250 mL
White beans, canned, rinsed	3 cups	750 mL
Oregano, dried	½ tsp	2.5 mL
Rosemary, dried	¼ tsp	1 mL
Bay leaves	2 each	2 each
Salt	¼ tsp	1 mL
Pepper, black	½ tsp	2.5 mL
Parsley, dried	2 Tbsp	30 mL
Chicken or vegetable broth	1.5 cup	625 mL

Directions:

1. Label a gallon-size freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Combine all ingredients (except broth) in the plastic freezer bag.
3. Remove as much air as possible, seal, and freeze for up to 3 months.
4. When ready to eat, thaw overnight in the refrigerator or in a bowl of cold water.
5. Add to crockpot with broth and cook on "low" setting for 8 hours or until carrots are soft.

Nutrition Facts

Serving Size (482g)

Servings Per Container

Amount Per Serving

Calories 340 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 1650mg **69%**

Total Carbohydrate 46g **15%**

Dietary Fiber 13g **52%**

Sugars 8g

Protein 26g

Vitamin A 8% • Vitamin C 20%

Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: *Damn Delicious*

Makes 4 servings (482 g / serving) • 1 serving = ~ 2 cups

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