

Slow Cooker Tuscan Chicken and White Bean Soup {Freezer Meal Friendly}

Hearty white bean soup with plenty of veggies.



5 from 4 votes

Prep Time	Cook Time	Total Time
20 mins	8 hrs	8 hrs 20 mins

Course: Main Course, Soup Cuisine: American

Keyword: white bean soup Servings: 6 Calories: 387kcal Author: Sarah Olson

Equipment

- Slow Cooker- 6 quart or larger

Ingredients

- 30 oz. white beans, drained and rinsed (two 15-oz. cans)
- 30 oz. fire-roasted diced tomatoes (do not drain) (two 15-oz. cans)
- 2 cups sliced carrots
- 1 1/2 cups diced celery
- 1/2 cup diced white onion
- 1 garlic clove minced
- 2 bay leaves
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried rosemary crush in hand
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 32 oz. box chicken broth
- 1 1/2 lbs. boneless skinless chicken breasts

Instructions

To make this into a freezer meal:

1. Place everything into a gallon-sized Ziplock bag, squeeze out air before sealing. Freeze for up to a month. Thaw in fridge for 36 hours, then follow cooking directions below.

Cooking instructions:

1. Add everything to the slow cooker. Cover and cook on LOW for 8 hours. Discard bay leaves. Shred the chicken with two forks right in the slow cooker. Serve topped with parmesan cheese. Enjoy!

Nutrition

Calories: 387kcal | Carbohydrates: 49g | Protein: 40g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 73mg | Sodium: 952mg | Potassium: 1824mg | Fiber: 12g | Sugar: 7g | Vitamin A: 7441IU | Vitamin C: 30mg |

Calcium: 222mg | Iron: 8mg

Slow Cooker Tuscan Chicken and White Bean Soup (Freezer Meal Friendly) <https://www.themagicalslowcooker.com/slow-cooker-tuscan-chicken-white-bean-soup/>