

After you've been on the diet for about 6 months, you can try recipes with white beans and/or celery root. This is a mild and tasty crock pot soup that will really spell FALL for your household!

Serves 4-6



Chicken & Vegetable Bean Soup

- 1 c. dry small white beans (or 1 lb.**)
- 2 boneless skinless chicken breasts, cubed
- 1 lg. onion, chopped
- 1 medium celery root, trimmed and cubed
- 2 carrots, sliced
- 6 small tomatoes, diced
- 1 tsp. minced garlic
- 2 Tbs. dried parsley
- 1 tsp. dried rosemary, crushed
- 1-1/2 to 2 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. fennel
- 3 c. homemade chicken broth*
- 3 c. water
- 1 c. Campbell's 100% tomato juice

*Whenever cooking a chicken (or vegetables), strain and freeze cooking liquid as broth for various recipes such as this soup. Use whatever you have on hand and supply the rest of the liquid with water or Campbell's tomato juice.

Rinse beans; soak overnight. Drain and rinse. In a large saucepan, cover beans with water. Bring to boiling; reduce heat. Simmer, uncovered, for 30 minutes. Remove from heat, cool and drain. If doing 1 lb. of beans, divide 3 ways, putting 2 portions in zip-lock sandwich bags. Freeze these for other soup recipes.

Meanwhile, in crock pot, combine onion, celery root, carrots, tomatoes, garlic and seasonings. Place beans and chicken pieces atop vegetables. Pour broth, water and tomato juice over all.

Cover; cook on low-heat setting for 8-10 hours or on high-heat setting for 6-7 hours.

**Preparing 1 lb. of beans all at once provides enough for three recipes. The method in these directions prepares them in the SCD legal way for final cooking in the crock pot or on top of the stove.