

# Chicken & White Bean Tuscan Stew

Serves 8, 2 cups per serving

## Ingredients

- ½ cup roasted garlic puree (page X)
- 4 cans (15 ounces) Great Northern beans, drained and rinsed
- 2 cans (13.75 ounces each) reduced sodium chicken broth
- 1 cup carrots, thinly sliced
- 1 cup onions, finely chopped
- ½ cup water
- 1 teaspoon dried rosemary
- 1 cup roast chicken master mix (page X)
- ½ teaspoon black pepper
- 3 slices of bacon, cooked & chopped (optional)



## Directions

1. Puree garlic with 2 cans of the beans and 1 can of the chicken broth. Set aside.
2. Add carrots, onions, water and rosemary to a 5-quart pot.
3. Simmer uncovered for 5 minutes.
4. Stir in pureed bean mixture, remaining broth and beans, chicken master mix (page X) and pepper.
5. Simmer uncovered 5 minutes.
6. Cool, seal, label, and freeze in a freezer safe container.

## To Cook

1. Thaw for 24 hours in the refrigerator.
2. Heat in microwave or on stove top to 165°F.

## Nutrition Facts

Serving Size 2 cups	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 120	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 22mg	<b>7%</b>
<b>Sodium</b> 630mg	<b>26%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 0g	
<b>Protein</b> 12g	<b>24%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

