

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

Calories 120

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 22mg **7%**

Sodium 630mg **26%**

Total Carbohydrate 22g **7%**

Dietary Fiber 6g **24%**

Sugars 0g

Protein 12g **24%**

*Percent Daily Values are based on a 2,000 calorie diet.

