



Dan's Slow Cooker Ham and White Bean Soup



Gluten Free



Dairy Free

READY IN



465 min.

SERVINGS



12

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 14.3 ounce baby corns drained cut into pieces canned
- ☐ 0.5 cup brown sugar
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 29 ounce cannellini beans rinsed drained canned
- ☐ 9 ounce mushrooms drained sliced canned
- ☐ 1 large carrots diced
- ☐ 1 pinch cayenne pepper to taste

- ☐ 1 bunch celery chopped
- ☐ 1 teaspoon creole seasoning
- ☐ 1 pound ham diced
- ☐ 2 tablespoons cooking wine dry red
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 large cloves garlic chopped
- ☐ 4 ounce chilies green chopped canned
- ☐ 1 tablespoon ground pepper black
- ☐ 1 large leek chopped
- ☐ 2 large potatoes peeled chopped
- ☐ 1 tablespoon salt
- ☐ 12 servings water to cover
- ☐ 1 tablespoon pepper white

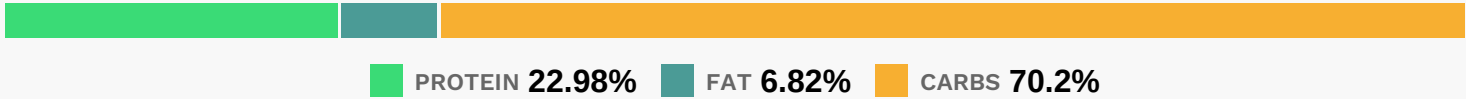
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir diced ham in hot skillet until browned, about 5 minutes.
- ☐ Transfer ham to a slow cooker.
- ☐ Place black beans, great Northern beans, artichoke hearts, baby corn, mushrooms, green chilies, celery, potatoes, carrot, leek, garlic, rosemary, parsley, thyme, brown sugar, Creole seasoning, white pepper, black pepper, salt, cayenne pepper, and red wine in the slow cooker.
- ☐ Pour enough water in the slow cooker to cover all the ingredients.
- ☐ Heat slow cooker on High until boiling; reduce heat to Low and cook about 7 hours.

Nutrition Facts



Properties

Glycemic Index:37.76, Glycemic Load:12.04, Inflammation Score:-9, Nutrition Score:17.875217428674%

Flavonoids

Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 328.8kcal (16.44%), Fat: 2.58g (3.97%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 59.77g (19.92%), Net Carbohydrates: 47.19g (17.16%), Sugar: 13.29g (14.77%), Cholesterol: 20.25mg (6.75%), Sodium: 1620.35mg (70.45%), Alcohol: 0.26g (100%), Alcohol %: 0.05% (100%), Protein: 19.57g (39.13%), Fiber: 12.58g (50.33%), Manganese: 0.79mg (39.56%), Folate: 127.53µg (31.88%), Vitamin A: 1374.75IU (27.49%), Vitamin C: 21.27mg (25.78%), Phosphorus: 255.48mg (25.55%), Potassium: 894.26mg (25.55%), Magnesium: 95.5mg (23.88%), Copper: 0.45mg (22.71%), Iron: 4.02mg (22.34%), Vitamin B1: 0.31mg (20.59%), Vitamin B6: 0.41mg (20.34%), Vitamin K: 13µg (12.38%), Vitamin B3: 2.47mg (12.33%), Vitamin B2: 0.19mg (10.88%), Calcium: 104.31mg (10.43%), Vitamin B5: 1.01mg (10.08%), Zinc: 1.47mg (9.8%), Selenium: 5.26µg (7.51%), Vitamin E: 0.22mg (1.44%)