

RECIPE: White Bean Soup

Slow cooker directions

Step 1: Thaw freezer bag in fridge 12-24 hours before cooking.

Step 2: Dump contents of the freezer bag, plus 4 cups of chicken broth and 2 cups water, into a slow cooker.

Step 3: Cook on low 3-4 hours.

Step 4: During the last 30 minutes of cook time add 5 oz spinach and 2 tbsp. apple cider vinegar.

Step 5: Stir when finished, garnish with parmesan cheese and enjoy!

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, add 4 cups chicken broth and 2 cup water.

Step 2: Set to High Pressure for 15 minutes, then allow a 10-minute natural release followed by a quick release.

Step 3: Open and stir in 5 oz of spinach and 2 tablespoons of apple cider vinegar. The residual heat will wilt the spinach perfectly.

Step 4: Stir when finished, garnish with parmesan cheese and enjoy!

Expiration date: _____



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