



ATCO blue
flame
kitchen™

From our kitchen to yours

SLOW COOKER ITALIAN BEAN SOUP

4 cups (1 L) canned chicken broth	1/2 tsp (2 mL) basil, crumbled
3 cups (750 mL) cubed red potatoes	1/2 tsp (2 mL) oregano, crumbled
2 cups (500 mL) sliced carrots	1/4 tsp (1 mL) rosemary, crumbled
2 cups (500 mL) diced ham	1/4 tsp (1 mL) red pepper flakes
1 cup (250 mL) sliced celery	1/4 tsp (1 mL) salt
1 cup (250 mL) chopped onion	1/4 tsp (1 mL) freshly ground pepper
2 cloves garlic, crushed	2 tbs (25 mL) chopped fresh parsley
2 cans (19 oz/540 mL each) Romano beans, rinsed and drained	Freshly grated Parmesan cheese

Combine all ingredients except parsley and Parmesan cheese in a 4.5 or 5 quart (4.5 or 5 L) slow cooker. Cover and cook on low heat setting for 8 - 9 hours. Stir parsley into soup. Ladle into bowls and sprinkle with Parmesan cheese. Serves 6.

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Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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