

SLOW-COOKER CHICKEN & WHITE BEAN STEW

From [eatingwell.com](https://www.eatingwell.com)

This load-and-go slow-cooker chicken recipe is perfect for a busy weeknight dinner. Serve this Tuscan-inspired dish with crusty bread, a glass of Chianti and a salad.

Servings Size: 6

Total: 7 hrs 35 mins | Active: 15 mins



INGREDIENTS

- 1 lb dried cannellini beans, soaked overnight and drained (see Tip)
- 6 cups unsalted chicken broth
- 1 cup chopped yellow onion
- 1 cup sliced carrots
- 1 teaspoon finely chopped fresh rosemary
- 1 (4 oz) Parmesan cheese rind plus 2/3 cup grated Parmesan, divided
- 2 bone-in chicken breasts (1 lb each)
- 4 cups chopped kale
- 1 tablespoon lemon juice
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil
- ¼ cup flat-leaf parsley leaves

NUTRITION FACTS

Serving Size: 493 calories; protein 44.2g; carbohydrates 53.8g; dietary fiber 27.4g; sugars 4.5g; fat 10.9g; saturated fat 3g; cholesterol 67.8mg; vitamin a 4792.5IU; vitamin c 20.3mg; folate 31.8mcg; calcium 198.7mg; iron 7.1mg; magnesium 148.9mg; potassium 1556.6mg; sodium 518.4mg.

DIRECTIONS

Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker. Top with chicken. Cover and cook on Low until the beans and vegetables are tender, 7 to 8 hours

Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones.

Return the chicken to the slow cooker and stir in kale. Cover and cook on High until the kale is tender, 20 to 30 minutes.

Stir in lemon juice, salt and pepper; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley.

TIPS

To save time, you can substitute 4 (15 ounce) cans no-salt-added cannellini beans (rinsed) for the soaked dried beans.

Equipment: 6-qt. slow cooker



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