

## Slow Cooker White Bean Soup

★★★★★  
4.29 from 103 votes

### Prep Time

15 mins

### Cook Time

8 hrs

### Total Time

8 hrs 15 mins



This Slow Cooker White Bean Soup practically makes itself! Just throw everything into the pot and press go to end up with a thick, flavorful, vegan soup.

Total Cost: \$4.78 recipe / \$0.80 serving

Servings: 6 to 8 servings (9 cups)

## Ingredients

- 2 Tbsp olive oil \$0.32
- 4 cloves garlic \$0.32
- 1 medium yellow onion \$0.73
- 1/2 lb carrots \$0.55
- 4 stalks celery (1/2 bunch) \$0.80
- 1 lb dry navy beans\* \$1.69
- 1 whole bay leaf \$0.15
- 1 tsp dried rosemary \$0.10
- 1/2 tsp dried thyme \$0.05
- 1/2 tsp smoked paprika \$0.05
- Freshly cracked pepper (15-20 cranks of a pepper mill) \$0.05
- 1 1/2 tsp salt or more to taste \$0.05

## Instructions

1. Mince the garlic, dice the onion, slice the celery, and slice the carrots into thin rounds. Add the olive oil, garlic, onion, celery, and carrots to a large (5qt or larger) slow cooker.
2. Sort through the beans and remove any debris or stones. Give them a quick rinse and then add them to the slow cooker, along with the bay leaf, rosemary, thyme, paprika, and some freshly cracked pepper.
3. Add SIX CUPS of water to the slow cooker and stir to combine the ingredients. Place the lid on the slow cooker and cook for 8 hours on low or on high for 4-5 hours.
4. After 8 hours, stir the soup and mash the beans slightly. Starting with just a 1/2 tsp, add salt to your liking. I used about 2 tsp total, but keep tasting and adding more, 1/2 tsp at a time, until it reaches the level that you prefer.

## Recipe Notes

\*Make sure to get navy beans, not cannellini beans, which are related to the kidney bean. Kidney beans and cannellini beans contain a high level of phytohemagglutinin, which is a strong, naturally occurring gastrointestinal toxin. The levels of this toxin can actually increase if the beans are not fully boiled for ten minutes. If you're unsure about your beans, boil the beans on the stove top for at least ten minutes before adding to the slow cooker with the rest of the ingredients.

Slow Cooker White Bean Soup <https://www.budgetbytes.com/2013/09/slow-cooker-white-bean-soup/>