

Slow Cooker Hearty Lima Bean Soup

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-chicken-soup-recipe-slow-cooker>

Ingredients:

- 1 pound lima beans soaked, drained, for quick soak: boil rapidly for 10 minutes, then turn off heat and leave covered for 1 hour
- 1 onion large, peeled and diced
- 10 cloves garlic peeled, ok to leave cloves whole
- 28 ounces plum tomatoes or diced, with basil
- 28 ounces water fill empty tomato can with water, then dump into crockpot
- 2 teaspoons paprika
- 12 ounces chicken and apple sausage, diced, or about 2 cups diced ham
- 1 teaspoon kosher salt

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 30 milligrams
4. Fat: 1.5 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. Sodium: 350 milligrams
8. Sugar: 5 grams

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