

# Italian Style Crock Pot Beans

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooker-italian-white-beans-recipe>

## Ingredients:

- 32 ounces white beans dried, navy, cannelloni
- 10 garlic cloves pressed or minced
- 4 plum tomatoes roma/, diced
- 1 onion diced
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 tablespoon Italian seasoning dried
- 1 teaspoon crushed red pepper
- 2 teaspoons kosher salt
- 1 teaspoon fresh ground black pepper
- 2 bay leaves dried
- 10 cups water
- 3 tablespoons Better Than Bouillon Chicken Base low sodium

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 57 grams
3. Fiber: 14 grams
4. Protein: 18 grams
5. Sodium: 1240 milligrams
6. Sugar: 3 grams

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