



Ashley's Meal Prep Monday!



White Bean Chicken Soup "Applegate Soup"

INGREDIENTS

1 TBSP oil
1 yellow onion diced
4 cloves garlic minced
3-4 large carrots, peeled and cut into pieces
3-4 ribs of celery, cut into pieces
6-ish cups chicken broth
two cans white beans of choice
handful of chopped kale - optional (found it in my fridge)
3-ish cups shredded chicken
1 bay leaf
1 TSP dried rosemary
1/2 TSP dried thyme
1/2 TSP smoked paprika
Salt/pepper to taste
1-ish cup coconut cream



Turn instant pot to saute and add oil. Add in onion, carrots, celery and bay leaf and saute for 3-4 min before adding in garlic and saute another minute.

Add broth, beans, kale, herbs/spices and shredded chicken. I ended up using extra veggies and chicken, so I also added in more broth. Place lid on instant pot and hit manual setting for 10 minutes. When the time is up, let it sit for another 5 minutes before moving the valve to vent.

I wanted a more creamy soup, so I used about 1 1/4 cup of coconut cream, added at the end before serving.

Recipe Idea: @365daysofcrockpot.com

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