

Slow-Cooker Chicken & White Bean Stew

Ingredients

1 pound 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 ounce) Parmesan cheese rind plus 2/3 cup grated Parmesan, divided
2 bone-in chicken breasts (1 pound 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



Instructions Checklist

Step 1

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.

Step 2

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

Step 3

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.

Step 4

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