

# Vegan Navy Bean Soup



*Navy Bean Soup*

## **Vegan Navy Bean Soup**

### **Ingredients:**

- 6 cups of vegetable stock
- 1 package of navy beans, soaked over night
- 6 organic carrots
- 6 organic celery stalks
- 1 medium organic onion
- 1 bay leaf
- 1 tablespoon of olive oil
- 1 teaspoon parsley
- 1/2 teaspoon of sage
- 1/2 teaspoon of thyme
- salt and pepper to taste



*Navy Beans*

Soak 1 package of Navy Beans overnight.



*Ingredients in the crock pot*

In your crock pot, place the soaked beans, diced carrots, onion and celery. Add the spices and vegetable broth. Stir then cover. Place temperature of the crock-pot on low and simmer for about 8-10 hours (depending on how your crock-pot cooks) until beans are soft. Enjoy your soup!