

Vegan Navy Bean Soup



Navy Bean Soup

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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!