

# Lemony White Beans with Spinach

Makes 8–10 servings | A slow-cooker recipe

## Ingredients:

- 3 (15-ounce) cans large white beans, drained and rinsed
- 5–6 cloves garlic, minced
- 1 small onion, finely chopped
- 4 cups vegetable broth
- 3 tablespoons olive oil
- 1 teaspoon dried thyme (or 2 teaspoons fresh)
- 1/2 teaspoon salt plus more to taste
- 1/2 teaspoon black pepper
- Zest of 1 lemon
- Juice of 1 lemon
- 3–4 cups fresh spinach (or chopped kale)
- Large slices of crusty bread for serving



## Directions

1. Add beans, garlic, onion, broth, olive oil, thyme, salt, and pepper to the slow cooker.
2. Cover and cook on low for 2 to 3 hours or high for 1 to 1 1/2 hours.
3. Stir in lemon zest and lemon juice.
4. Add spinach (or kale), cover, and cook for 10–15 minutes until wilted.
5. Taste and adjust with more salt, pepper, or lemon as needed. Serve with slices of crusty bread.

## Cooking Tidbit

Spinach wilts quickly and stays tender, while kale needs a bit more time to soften. If using kale, chop it small and let it cook a few extra minutes.