

Bean Casserole and Chicken Breasts

Serves: 8

Ingredients

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| 1 pound dry navy beans, soaked, rinsed, and drained | 1 tsp. pepper |
| 2 large carrots, peeled | 2 tomatoes, peeled, seeded, and chopped |
| 2 medium onions, halved | 3 whole chicken breasts, skinless (about 4 ½ pounds) |
| 1 bay leaf | 1 Tbsp. garlic, minced |
| ½ tsp. dried rosemary (or 1 Tbsp. fresh) | ¼ cup fresh parsley, minced |
| ½ tsp. dried thyme (or 1 Tbsp. fresh) | |

In a large sauté pan or stockpot, bring 2 quarts of water to boil. Add beans, onions, carrots, bay leaf, thyme, rosemary, and pepper. Reduce heat to simmer and cook, partially covered, for 45 minutes. Add tomatoes

Add chicken breasts and cook, partially covered, 45 minutes. Remove chicken breasts and de-bone; cut into ½-inch slices. Place sliced chicken back into bean/vegetable mixture. Remove carrots and onions with slotted spoon, chop coarsely, and return to broth. Add garlic and parsley.

Return heat to high and bring to boil. Lower heat and simmer, uncovered, 5 minutes. Adjust seasonings if needed, remove bay leaf, and serve.

Per serving: 260 calories, 39 g carbohydrates, 2 g fat, 27 mg cholesterol, 22 g protein, 31 mg sodium.