

**Prep Time 15 minutes**  
**Cooking Time Low 6 hours**  
**Servings 6**



### Ingredients

6oz dried Northern or Navy beans MUST be soaked overnight, rinse and drain (alternatively 2 cans prepared beans, rinsed & drained)  
2 tbsp olive oil  
2 cups / 4 medium celery stalks, sliced  
1 ½ cups / 2 large carrots, diced  
2 cups/1 large red onion, diced  
2 cloves garlic, crushed  
4 slices prosciutto or bacon, fat removed cut into small strips  
half a large bunch flat leaf parsley  
1 14.5 oz can whole plum tomatoes  
2 tsp fennel seed  
2 bay leaves  
2 tsp oregano  
a good pinch red pepper flakes (hot)  
5 cups vegetable or chicken broth  
half bunch kale or your favorite green, chopped  
fresh parmesan

If using dried beans - put the dried beans into your slow cooker, cover with water & soak overnight. Drain & rinse the beans before use.

Heat the olive oil in a heavy bottomed skillet and add celery, carrot, onions, garlic and prosciutto, frying gently for 5 minutes



Add the drained beans, parsley, tomatoes, spices & broth.



Cook on high for 4 hours high or on low for 6-7 hours and add the kale 30 minutes from the end.

Serve with a generous grating of fresh parmesan on top.