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# Tuscan White Beans with Pancetta, Garlic & Sage

*Diane Phillips, cookbook author and instructor*

*Internet address:*



1 pound white beans, rinsed, picked over for stones

1/4 cup extra virgin olive oil

4 slices pancetta, thinly sliced, finely diced

2 whole garlic cloves, sliced

2 teaspoons fresh rosemary, chopped (or use fresh thyme)

6 cups low sodium chicken broth, or vegetable broth

Salt and freshly ground black pepper to taste

3 tablespoons Italian parsley, chopped (garnish)

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 8

1. **STOVE TOP INSTRUCTIONS:** Place beans in a large bowl, add enough cold water to cover them by about 2 inches, cover with plastic wrap and let stand at room temp overnight. Rinse the beans and drain.
2. In a Dutch oven heat oil over medium-high heat and cook pancetta until crisp.
3. Add garlic and rosemary and cook another 1-2 minutes until oil is fragrant (but do not brown or burn the garlic).
4. Add beans, broth and cook, covered for 1 1/2 to 2 hours, stirring frequently, adding more broth as needed until the beans are tender.
6. Season with salt and pepper and serve with parsley sprinkled on top.
7. **SLOW COOKER METHOD:** Place beans in a large bowl, add enough cold water to cover them by about 2 inches, cover with plastic wrap and let stand at room temp overnight. Rinse the beans and drain.
2. In a skillet heat oil over medium-high heat and cook pancetta until crisp.
3. Add garlic and rosemary and cook another 1-2 minutes until oil is fragrant (but do not brown or burn the garlic).
4. Add those ingredients to the slow cooker, then add beans, broth and cook on slow cooker's low setting for 8-9 hours, until the beans are tender.
6. Season with salt and pepper and serve with parsley sprinkled on top.

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Per Serving (excluding unknown items): 509 Calories; 17g Fat (29.6% calories from fat); 53g Protein; 36g Carbohydrate; 9g Dietary Fiber; 79mg Cholesterol; 3455mg Sodium. Exchanges: 2 1/2 Grain(Starch); 6 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.