

**2.** In nonstick 12-inch skillet, heat oil over medium-high heat until hot; add chicken and cook 7 to 8 minutes or until browned on both sides. Meanwhile, in 4½- to 6-quart slow-cooker pot, place carrots, dried plums, and garbanzo beans.

**3.** Add chicken to slow cooker. Remove skillet from heat. Add broth to skillet and stir until browned bits are loosened from bottom. Pour broth mixture into slow cooker.

**4.** Cover slow cooker with lid and cook on low setting as manufacturer directs, 7 to 8 hours or until chicken and carrots are tender.

**5.** About 10 minutes before serving, prepare couscous as label directs. Stir tomatoes and green beans into stew.

Cover slow cooker and heat through on high setting if necessary.

**6.** To serve, fluff couscous with fork. Spoon into bowls; top with chicken and sauce.

>> Each serving: About 530 calories, 34 g protein, 75 g carbohydrate, 9 g total fat (2 g saturated), 10 g fiber, 90 mg cholesterol, 740 mg sodium.

## hearty pasta & bean soup

*pictured on page 208*

**Prep** 10 minutes

**Cook** about 25 minutes

**Makes** about 9 cups or 4 main-dish servings

**8 ounces tubetti or ditalini pasta (about 2 cups uncooked)**

**3 slices bacon, cut into ½-inch pieces**

- 1 large celery stalk, thinly sliced**
- 1 small onion, chopped**
- 1 cup packaged shredded carrots**
- 1 can (14 to 14½ ounces) chicken broth (1¾ cups)**
- 1 can (14½ ounces) petit-cut diced tomatoes**
- 1½ cups water**
- 1 can (15 to 19 ounces) cannellini beans, rinsed and drained**
- ½ cup loosely packed fresh parsley leaves**
- ¼ cup freshly grated Romano cheese**

- 1.** Heat 3-quart covered saucepan of salted water to boiling over high heat. Add pasta and cook as label directs.
- 2.** Meanwhile, in 4-quart saucepan, cook bacon over medium heat 3 minutes or until browned, stirring ▶

frequently. Add celery, onion, and carrots; cover and cook 4 to 5 minutes or until vegetables are tender, stirring occasionally. Add broth, tomatoes with their juice, and water. Cover saucepan and heat to boiling over high heat.

**3.** Drain pasta; stir into broth mixture. Stir in beans and parsley; heat through. Ladle soup into 4 large soup bowls; sprinkle with Romano to serve.

>> Each serving: About 545 calories, 19 g protein, 71 g carbohydrate, 20 g total fat (7 g saturated), 9 g fiber, 24 mg cholesterol, 1,380 mg sodium.