

## Navy Bean, Spinach and Dill Soup

Mary Luz Mejia, Food and Travel Writer/Editor, and Culinary Curator

Makes about 4 servings

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| 3 Tbsp (45 mL) olive oil         | 1 can (19 oz/540 mL) navy beans, drained and rinsed                             |
| 1 Tbsp (15 mL) butter            | 1 Yukon Gold potato, peeled and diced   |
| 2 carrots, peeled and diced      | 2 cups (500 mL) lightly packed spinach, leaves shredded and tough stems removed |
| 2 stalks celery, diced           | 2 Tbsp (30 mL) finely chopped fresh dill  |
| 2 small shallots, finely chopped | Baguette slices to serve  |
| 1 bay leaf                       | Shredded Dubliner cheese or aged cheddar cheese to taste                        |
| Pinch of sweet Hungarian paprika |   |
| Salt and pepper to taste         |   |
| 2 cups (500 mL) vegetable stock  |   |
| 2 cups (500 mL) water            |   |

1. In a large pot, heat the oil and butter over medium-high heat. Add the carrots, celery and shallots. Cook, stirring often, until the shallots have softened.
2. Stir in the bay leaf, paprika, and salt and pepper to taste.
3. Add the stock and water. Bring to a boil.
4. Add the beans and potato.
5. Reduce the heat and simmer, covered, until the potato is tender, 10 to 15 minutes.
6. Stir in the spinach. Cook just until it wilts, 1 to 2 minutes. Stir in the dill and season with salt and pepper to taste. Remove the bay leaf.
7. Just before serving, preheat the broiler and toast the baguette slices on one side under the broiler until golden. Turn and top with cheese. Broil until the cheese has melted.
8. Ladle the soup into bowls and serve with the cheesy baguette slices.



*This hearty, warming soup is perfect when you want something nutritious and easy to prepare, especially when the weather is chilly and you crave comfort in a cup or bowl. It's also vegetarian and gluten free but you can, if you like, add protein to make it particularly rib-sticking—cubed cooked chicken works well.*

—Mary Luz Mejia

