

Fall 2001 Recipes

Soups and Stews

Leek, Bean, and Spinach Soup

A leek tastes like a delicate sweet onion. Use only the white part of the leek for this soup.

Serves 4

Provides 2 vegetable servings per person

- 3 medium leeks (2 cups of white parts)
- 2 1/2 cups low-sodium canned or homemade vegetable stock
- 1 15-ounce can navy beans (or other white beans), rinsed and drained (1 1/2 cups)
- 1 tablespoon fresh or 1 teaspoon dried thyme
- 1 tablespoon fresh or 1 teaspoon dried basil
- 1 cup chopped fresh spinach
- 2 tablespoons toasted pine nuts

1. Chop the white parts of the leeks (about 2 cups), saving the green parts for stock. Add to the vegetable broth and bring to a boil. Reduce the heat and simmer 10 minutes or until the leeks are tender.

2. Pour the soup through a strainer. Return the liquid to the saucepan and save 1/4 cup of the leeks for later. Purée the rest of the cooked leeks with all but 1/2 cup of the beans in a blender or processor using enough soup liquid to make the solids blend.

3. Add the puréed vegetables, thyme, and basil to the liquid. Bring to a boil and stir in the spinach. Add the pine nuts and reserved leeks and beans. Serve immediately while the spinach is still nice and green.

Nutritional Analysis

Per Serving:

199 calories
4 g fat
16% calories from fat
0 g saturated fat
0% calories from saturated fat
32 g carbohydrates
389 mg sodium
7 g dietary fiber