

## NAVY BEAN SOUP

About 18 years ago I decided to cut all dairy products from my diet. At that time, I had no idea that there was even a word for that kind of diet...vegan, let alone, other people and cookbooks that were vegan. The first few months were very hard. I found a cookbook, which shall remain nameless, that I tried to use but the recipes tasted horrible. And then by divine providence I came across the *Country Life Cookbook*. It was amazing—the food was not only edible it was really good!

But somehow in the flood of cookbooks and blogs and recipes that is now available, I had forgotten about my first favorite cookbook. So last week I was in search of a new soup recipe and I remembered the Navy Bean Soup from the *Country Life Cookbook*. It is so good, why had I stopped making it? And for an added bonus, it even has greens in it! It's a great way to eat my greens, because I usually don't like them.

- 2 tablespoons olive oil
- 1 cup onions, chopped
- 2 cloves garlic, minced
- 5 cups water
- 2 cups potatoes, diced
- 2 cups kale or collared greens
- 1  $\frac{3}{4}$  teaspoons salt
- $\frac{1}{4}$  teaspoon cumin
- 2 tablespoons nutritional yeast flakes
- 3 cups cooked navy beans or 2 cans

1. Sauté onions and garlic in a medium sized soup pan.
2. Add the remaining ingredients and cook for 20-30 minutes until potatoes are tender.

I hope you enjoy the soup! The chips on the side in the picture are a new version of the [Chili Cheese Frito recipe I posted last week](#). This time I used Mrs. Dash's Fiesta Lime seasoning with some salt and yeast flakes. Very yummy.