

SPINACH, WHITE BEAN, AND POTATO STEW

Adapted from <http://www.wholeliving.com>

2 tablespoon extra-virgin olive oil, plus more for drizzling
1 onion, diced
1 stalk celery, sliced
1 carrot, peeled and diced
8 ounces Yukon Gold potatoes, scrubbed and cut into 1-inch pieces
Coarse salt and freshly ground pepper
3 cups spinach leaves
1 (15-ounce) can navy beans, drained and rinsed
2 teaspoons red-wine vinegar

Heat oil in a medium saucepan over medium heat. Sauté onion, celery, and carrot until tender, 6 to 8 minutes. Add potatoes and 4 cups water. Season with salt and pepper. Bring to a boil; reduce to a simmer. Cook until potatoes are tender, about 10 minutes. Mash half the contents of the pot until slightly thickened. Add spinach and beans and continue cooking until kale is tender, 6 to 8 minutes more. Stir in vinegar and adjust seasoning if necessary. Drizzle with oil before serving.