

The Boston Globe



LONGEVITY STEW

BY JOE YONAN

SERVINGS:  (6-8)

globe.com/wintersoupclub

SOUP INGREDIENTS

- 1 pound collard greens
- 2 tablespoons olive oil
- 4 garlic cloves, chopped
- 1 large yellow onion, chopped
- 1 celery stalk, chopped
- 1 large green bell pepper, stemmed, seeded and chopped
- 1 tablespoon Cajun/Creole spice mix, preferably no- or low-salt (such as [Tony Chachere's](#))
- 2 medium sweet potatoes (1½ pounds total), peeled and cut into ½-inch cubes
- 3 cups cooked or no-salt-added canned red kidney beans, drained but not rinsed
- 4 cups water
- 2 tablespoons fresh lemon juice, plus more to taste
- Salt, to taste

SOUP INSTRUCTIONS

1. Separate the collard green leaves from their stems. Wash the leaves and stems. Thinly slice the stems and chop the leaves, keeping them in separate piles.
2. In a Dutch oven or other large pot, heat the oil over medium heat until it shimmers. Add the collard stems (saving the greens for later), garlic, onion, celery and bell pepper. Cook, stirring frequently, until the onions turn

The Boston Globe

translucent, 8 to 10 minutes. Add the Cajun/Creole spice mix, stir to combine, and cook until fragrant, 30 seconds.

3. Add the reserved collard green leaves, sweet potatoes, beans and water. Increase the heat to bring the mixture to a boil, reduce the heat to medium-low, cover and simmer until the sweet potatoes are very tender, 20 minutes. Stir in the lemon juice. Taste and season with more salt and/or lemon juice as needed.

4. Divide among soup bowls and serve hot.

Storage: Refrigerate for up to 4 days or freeze for up to 6 months.

Substitutions:

- Collard greens: Kale, Swiss chard, mustard greens.
- Cajun/Creole spice mix: Make your own by blending: $\frac{3}{4}$ teaspoon fine salt, $\frac{3}{4}$ teaspoon granulated garlic, $\frac{1}{4}$ teaspoon ground black pepper, $\frac{1}{4}$ teaspoon cayenne pepper, $\frac{1}{4}$ teaspoon onion powder, $\frac{1}{4}$ teaspoon sweet paprika, $\frac{1}{4}$ teaspoon dried thyme, $\frac{1}{8}$ teaspoon dried oregano and $\frac{1}{8}$ teaspoon ground white pepper.
- Sweet potatoes: Butternut or acorn squash.
- Kidney beans: Black beans, pinto beans, cannellini beans, chickpeas.
- Lemon juice: Apple cider vinegar, red wine vinegar.

Sign up to receive Winter Soup Club recipes in your inbox using the QR code below.

