

Bean and Chard Soup

This soup is not only delicious, but it's also very fast, extremely nutritious, and incredibly easy! You can make extra of this recipe and freeze it for later.

Makes 3-4 servings

- ½ diced onion
- 3 medium-large chopped carrots
- 7 large cloves of garlic
- 3 cups of chicken stock
- 2 Tablespoons of Olive Oil
- 1 head chopped chard (you can use spinach or other greens instead or in addition)
- 1 can of white beans (cannellini, butter, etc.)
- Optional: grated parmesan cheese

In a large pot, pour the Olive Oil and turn the heat on medium. Finely chop the carrots and add them to the pot. Stir. Chop the onion and add to the pot. Stir. Chop the garlic and add to the pot. Stir. Remove the center stem from the chard, chop the chard and/or other greens. Add them to the pot and stir. Pour in the chicken stock. Rinse the beans and add them to the pot. Bring the soup to a boil. Add salt and pepper to taste. Optional: after you serve your soup, try adding some parmesan on top!