

Chard and White Bean Soup

Ingredients:

- 1 bunch of fresh chard
- 1 can of white beans, rinsed and drained
- 1 onion, chopped
- 2 carrots, diced
- 2 stalks of celery, diced
- 3 cloves of garlic, minced
- 4 cups vegetable or chicken broth
- 1 tablespoon olive oil
- Salt and pepper to taste
- Grated Parmesan cheese (optional, for serving)

Instructions:

1. Heat olive oil in a large pot over medium heat.
2. Add the chopped onion, diced carrots, and diced celery to the pot. Sauté for about 5 minutes until the vegetables soften.
3. Add the minced garlic and sauté for an additional minute until fragrant.
4. Rinse the chard thoroughly, remove the stems from the leaves, and chop both into bite-sized pieces.
5. Add the chard stems to the pot and cook for 5 minutes until they start to soften.
6. Add the chard leaves, white beans, and vegetable or chicken broth to the pot. Bring the mixture to a simmer.
7. Cover the pot and let the soup simmer for about 15-20 minutes until the chard is tender and the flavors have melded together.
8. Season with salt and pepper to taste.
9. Ladle the soup into bowls and sprinkle with grated Parmesan cheese if desired. Serve hot with crusty bread for a comforting and wholesome meal.