

Garden Greens Soup

By DairyFreeGina

I love growing vegetables and greens in my summer garden. I always plant escarole and Swiss Chard, both green and red varieties. These greens are really easy to grow and produce a lot, so I always have plenty to freeze and use all winter long. One of my favorite ways to use Swiss Chard is in soup.



Here's my version:

Ingredients:

10-12 Cups of *Dairy Free Gina Basic Vegetable Stock* or half stock and half water

1 large bunch Swiss Chard, washed really well, chopped up both stems and leaves

2-3 carrots diced

1 small onion, diced

1 -2 cloves garlic, chopped

1 Can Cannellini beans, drained and rinsed.

Ground Black pepper and Red Pepper flakes to taste



Garlic powder to taste

Other herbs/spices as you like

Directions:

In large stock pot with 1T Extra Virgin Olive Oil, sauté onion and garlic. When softened, add carrots and Swiss chard. Let soften up a bit then add broth and rest of ingredients. Simmer on low, covered, until soup is hot and the consistency you desire.



Freezes well. Vegan, dairy free.