

# Vegan White Bean, Kale & Swiss Chard Soup

Yield: 4 min  
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/kale-swiss-chard-recipe>

## Ingredients:

- 4 1/2 cups water + 1 bouillon cube (or vegetable broth)
- 2 celery stalks chopped
- 1 carrot chopped
- 1/2 cup onion chopped
- 2 garlic cloves chopped
- 3 chard swiss leaves, chopped
- 1 1/2 cups kale chopped
- 1 large potato chopped, used russet
- 1 can white beans drained and washed
- 1 tablespoon olive oil
- 3/4 cup Italian parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 23 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 720 milligrams
7. Sugar: 3 grams

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