

Lentil and Swiss Chard Soup

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 tablespoon olive oil plus more for serving
- 1 onion medium, finely chopped, 1 cup
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 cup lentils picked over and rinsed
- 14 1/2 ounces diced tomatoes in juice
- 2 bunches Swiss chard about 1 1/2 pounds total, stalks cut crosswise into 1-inch pieces, leaves torn into 2-inch pieces, keep stalks a...
- coarse salt
- Coarse salt and ground pepper
- 1/2 lemon
- bread for serving, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 53 grams
3. Fat: 4.5 grams
4. Fiber: 22 grams
5. Protein: 19 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 680 milligrams
8. Sugar: 8 grams

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