

Healthy Creamy Swiss Chard Soup

Yield: 5 min
Total Time: 60 min

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

Ingredients:

- extra-virgin olive oil
- yellow onion
- carrots
- celery
- garlic cloves – if you really like garlic flavor try adding garlic powder at the end to your taste
- potatoes golden Yukon
- Swiss chard or Rainbow chard
- vegetable broth or for non-vegetarian use bone broth or chicken broth
- 1 tablespoon extra-virgin olive oil
- 1 cup yellow onion chopped
- 1 cup carrots chopped
- 1 cup celery chopped
- 2 garlic cloves minced
- 3 cups potatoes golden Yukon, diced into cubes
- 4 cups Swiss chard chopped including stems, can use rainbow chard
- 4 cups vegetable broth
- 13 ounces coconut milk
- 1 tablespoon Italian seasoning
- 1 bay leaf
- 1/2 teaspoon salt or to taste for less sodium
- 1/2 teaspoon black pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 35 grams
3. Fat: 24 grams
4. Fiber: 7 grams

5. Protein: 6 grams
 6. SaturatedFat: 16 grams
 7. Sodium: 1130 milligrams
 8. Sugar: 10 grams
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