

Tomato Soup with Rice and Swiss Chard

Yield: 2 min
Total Time: 50 min

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

Ingredients:

- 2 tablespoons olive oil
- 1/2 onion chopped thin
- 2 cloves garlic chopped
- 1 pinch cayenne pepper
- 1 pinch ground cumin
- 3 tablespoons rice basmati or other
- 800 grams tomatoes whole
- 2 cups chicken stock or water
- 1 bunch Swiss chard leaves only, cut into strips
- salt
- freshly ground black pepper
- lemon juice A little freshly squeezed
- sugar to taste

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 8 grams
6. Protein: 15 grams
7. SaturatedFat: 2 grams
8. Sodium: 1120 milligrams
9. Sugar: 30 grams

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