

Autumn Harvest Lentil Soup

Yield: 8 min
Total Time: 105 min

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

Ingredients:

- onion Whole, Chopped
- bell pepper any color you have, chopped
- carrots chopped
- celery chopped
- 2 baby eggplants
- red potato chopped
- fresh parsley
- fresh herbs
- fresh basil
- fresh rosemary
- fresh thyme
- chard chopped
- lentils Organic, your chose
- chicken breast Free Range, chopped into small pieces
- bacon Slices of Uncured, chopped
- white wine
- diced tomatoes Large Can of Organic
- water
- cloves garlic chopped
- pink salt
- ground pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 20 milligrams
4. Fat: 2 grams
5. Fiber: 11 grams
6. Protein: 14 grams

7. SaturatedFat: 0.5 grams
 8. Sodium: 170 milligrams
 9. Sugar: 3 grams
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