

Swiss Chard and Potato Soup

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 large potato about 2 cups when diced
- 1 bunch Swiss chard rinsed
- 1/2 cup white onion finely chopped
- 2 cloves garlic minced
- 2 tomatoes medium size, chopped., about 2 cups
- 8 cups chicken broth
- 8 ounces queso fresco optional
- cheese optional
- salt
- pepper
- bread or tortillas for serving

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 50 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 9 grams
8. Sodium: 850 milligrams
9. Sugar: 7 grams

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