

Creamy Swiss Chard Soup with Vegetables

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1/2 bunch Swiss chard stems removed and chopped, and leaves shredded into strips
- 1 head cauliflower cored and cut into florets
- 2 tablespoons organic butter
- 1 sweet potato medium, washed, scrubbed and cut into very small cubes
- 1 medium carrot chopped into small pieces
- 2 celery stalks chopped into small pieces
- 1/2 medium onion diced
- 2 sprigs fresh thyme stems removed
- 1 cup broccoli roughly chopped
- 2 quarts vegetable broth or chicken broth
- 1 cup kale cut into this strips
- 1/4 cup water
- salt
- pepper
- whole grain bread crunchy toasty
- freshly grated Parmesan cheese
- 6 lemon wedges