

Cannellini White Bean Soup with Swiss Chard

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 2/3 cup onion chopped
- 1 medium carrot chopped small
- 2 rib celery diced
- 2 cloves garlic minced
- 2 teaspoons olive oil
- 3 cups vegetable broth
- 15 ounces cannellini beans drained
- 2 cups Swiss chard chopped
- 1/2 cup corn kernels optional
- 1/3 cup macaroni small shells, or orzo pasta, optional
- 1 teaspoon Italian seasoning
- salt to taste
- freshly ground black pepper to taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. Sodium: 1190 milligrams
8. Sugar: 5 grams

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