

Sausage & Swiss Chard Soup

Yield: 7 min
Total Time: 85 min

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

Ingredients:

- 1 cup dry white wine
- 2 tablespoons olive oil
- 1 1/2 pounds andouille sausage chicken
- 1 yellow onion small, diced
- 2 celery stalks diced
- 1 carrot peeled and diced
- 1 leek white portion only, diced
- 2 garlic cloves minced
- 1 teaspoon fresh thyme minced
- 6 cups chicken stock warmed
- 1 cup water warmed
- 2 cups white beans cooked, drained
- 4 ounces Swiss chard stems removed, leaves cut into 1/2-inch strips
- freshly ground pepper Salt and, to taste
- parmigiano reggiano cheese Grated, for garnish, optional
- crostini Garlic, for garnish, optional

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 80 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 10 grams
8. Sodium: 1000 milligrams
9. Sugar: 6 grams

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