

# Swiss Chard Soup with Sausage

Yield: 8 min  
Total Time: 65 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 large onion chopped
- 1/2 pound Italian sausage mild or strong, casings removed
- salt
- pepper
- 6 cloves garlic coarsely chopped
- 1 pinch red pepper flakes optional, or as much as you like
- 1 tablespoon sage fresh, chopped
- 1 teaspoon thyme fresh, chopped
- 1/4 cup white wine optional
- 1 butternut squash medium, diced into 1/2-3/4 inch cubes
- 6 cups vegetable fat low sodium or homemade
- Parmesan cheese rind of, optional
- 1 bay leaf
- 1/3 cup orzo
- 3 cups Swiss chard chopped, about 1 bunch
- 1 teaspoon lemon juice
- Parmigiano-Reggiano cheese or Pecorino Romano Cheese

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 25 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 400 milligrams
9. Sugar: 2 grams

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