

# Bean, Bacon and Butternut Squash Soup with Swiss Chard

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 2 strips bacon
- 2 cups butternut squash diced, 1/2-inch cubes
- 1 1/2 cups beans cooked, plus cooking liquid
- 3 1/2 cups chicken stock
- 1 bunch Swiss chard
- 1/2 teaspoon apple cider vinegar

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 15 milligrams
4. Fat: 8 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 600 milligrams
9. Sugar: 8 grams

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