



460 Center Street, #6636
Moraga, CA 94570
925.788.2937
email: jill@400moms.com

www.400moms.com

CANNELINI BEAN & SWISS CHARD SOUP

- 2 Tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 3 large carrots, chopped
- 3 stalks celery, chopped
- ½ lb. fresh cremini mushrooms, sliced
- 6 cups reduced sodium, fat-free chicken or vegetable broth
- 2 (14 oz.) cans cannellini or white beans, rinsed and drained
- 2-3 cups Swiss chard, chopped
- 2 teaspoons lemon zest
- 1 pinch dried red pepper flakes
- 1/8 teaspoon freshly ground pepper

Heat oil in a large stockpot. Add onion, garlic, celery, carrots, and mushrooms; sauté 7 to 8 minutes or until onions are translucent.

Stir in broth, beans, Swiss chard, lemon zest, red pepper flakes and black pepper.

Bring to a boil, then cover and simmer for 15 minutes, stirring occasionally.

Makes about 10 cups.

Recipe courtesy of:

Jill West, RDN, an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA and provides nutrition consultations in-person and by phone, helping adults, families and student athletes achieve their health and performance goals.

Copyright ©2014. JD West Consulting, Inc. All rights reserved