



SWISS CHARD SOUP

INGREDIENTS:

9 stalks Swiss Chard – stems and leaves finely chopped
4 Tbsp butter or margarine
2 cups onion – finely chopped
2 Tbsp flour
8 cups chicken broth
8 sprigs parsley – chopped
Salt and pepper
2 bay leaves
2-4 squeezes of lemon

DIRECTIONS:

- In an 8 qt pot, melt butter. Sauté onion and swiss chard – about 7-9 minutes
- Sprinkle in flour and gently mix flour in
- Add broth, bring to a boil, stirring constantly
- Add parsley, bay leaves, & salt & pepper (no salt if chicken broth has salt)
- Reduce heat, simmer 15 minutes
- Cool slightly, remove bay leaves
- Blend soup till smooth (caution – mixture should be cool)
- Add lemon juice

Can be served cold or hot. Add a dollop of sour cream on top.

Submitted by Marci Eisenstadt