

Swiss Chard and Chickpea Soup - from Jolene J.



1 lb. Swiss chard, washed well, tough stems removed, and chopped

3 Tblsps. olive oil

1 1/2 lbs. baking potatoes (about 3), cut in medium-sized cubes

1 onion, chopped

2 cloves of garlic, minced

1 tsp. paprika (or more to taste)

1/4 tsp. turmeric (or more to taste)

1/8 tsp. cayenne pepper (or more to taste)

1 tsp. salt

2 cups drained and rinsed canned chickpeas (about one 19- oz can)

3 cups canned low-sodium chicken broth or homemade, plus 1 cup water

Optional: 1-2 cooked, cubed chicken breast halves

Optional: 2 hard-cooked eggs, cut in wedges, to garnish the top of the soup

1) Bring a medium pot of salted water to a boil. Add the chard and cook for 3 minutes. Drain thoroughly and set aside.

2) In a Dutch oven (large pot), heat the oil over moderate heat. Add the potatoes and saute, stirring frequently, until fairly well browned - at least 5 minutes, maybe 10-15. Add the onions and continue browning. Add garlic, paprika, turmeric, cayenne, and salt and cook, stirring, until fragrant - about 1 minute. (Browning the potatoes well gives the soup a more hearty flavor.)

3) Add the cooked chard, chickpeas, broth, water and, if desired, chicken. Bring to a simmer and cook until the potatoes are tender, about 15 minutes. Serve the soup garnished with wedges of hard-cooked eggs, if you like.

Makes 4 servings, but betcha can't eat just one!