

Chard Artichoke Soup

I love Swiss chard and this soup is a wonderful way to use it. Don't toss those beautiful stalks, use them in the soup too! The soup is hearty, full of veggies and delicious too, it doesn't get better than that! It is even better the second day, so make it the day before you want to serve it if you have the time. In the picture I have garnished it with some chopped tomato, crumbled feta and a sprinkle of snipped chives. Sprinkle on whatever herb looks good in your garden. I think mint, thyme, oregano or basil would all be good choices. Enjoy!

Ingredients:

2 to 3 Tablespoons extra-virgin olive oil

1 pound yellow onions (about 2 medium), peeled and coarsely chopped

4 to 6 large cloves garlic, peeled and chopped

1 14-ounce can artichoke hearts in water (about 8 hearts), drained and rinsed (frozen would probably work, too)

1 15-ounce can [organic garbanzo beans](#), drained and rinsed

4 cups organic chicken stock, preferably homemade

1 teaspoon Worcestershire sauce

1 bunch Swiss chard (about 1 pound), leaves and stalks separated and both chopped into pieces (save a few stalks for garnish if desired)

1 to 1½ cups organic milk (optional)

Salt and pepper to taste

Optional garnishes:

Freshly grated Pecorino Romano or Parmesan cheese

Thin slices of cheddar or Monterey Jack cheese

Sour cream or yogurt

Chopped chives or scallions

Swiss chard stalks

Instructions:

Heat 2 Tablespoons of olive oil in a large pot on medium heat,

then add the onions and Swiss chard stems. Stir to coat with oil, cover, and cook until soft and starting to brown, stirring frequently, about 8 to 10 minutes.

Add another Tablespoon of olive oil or splash of water to soak up any flavorful brown bits sticking to the pot.

Make a space in the center of the pot and add the garlic, stirring so it all touches the bottom of the pot. Cook, stirring, 2 to 3 minutes. Add the artichokes, garbanzo beans, chicken stock, Worcestershire sauce, and Swiss chard leaves and stir to combine. It may seem like you're trying to fit way too much Swiss chard in the pot, but it will quickly cook down.

Cover and bring to a boil, then simmer, stirring occasionally, with the lid barely cracked for 30 to 40 minutes. Stir in 1 cup of the milk (I opted out of using the milk at all), adding up to 1/2 cup more if you prefer a thinner soup.

Purée with an [immersion hand blender](#), or transfer in batches to a [counter top blender](#) and very carefully purée, then return to the pot.

Salt and pepper to taste and serve hot, garnished however you like. **This soup tastes even better the next day**, and it also freezes beautifully.

Source: Farmgirl Fare