



**Columbia Grain™**

CULTIVATING GROWTH™

## RECIPE

# Winter Vegetable Soup with Swiss Chard, Lentils, and Chickpeas

Enjoy this warming soup, brimming with nutritious veggies, green lentils, chickpeas and topped with parmesan, on the coldest of days.





### INGREDIENTS

- 1 tbsp olive oil
- 1 onion, diced
- 3 diced carrots
- 3 stalks diced celery
- 2 cloves minced garlic
- 5 cups of Swiss or rainbow chard; colorful stems removed and chopped, and leaves roughly chopped, divided
- 1 cup of butternut squash cubes
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp sea salt
- ½ tsp black pepper
- ½ cup green lentils
- 1 15 oz can diced tomatoes, with juice
- 1 15 oz can drained and rinsed chickpeas
- 5 cups organic vegetable broth
- ½ cup shaved parmesan cheese, for serving (omit if vegan)

### INSTRUCTIONS

1. Add olive oil to a large pot over medium heat. Add onion, carrots, celery, and garlic and sauté for 5-8 minutes, or until softened. Add swiss chard stems, butternut squash cubes, dried herbs, salt, and pepper. Stir to coat in oil and spices and cook for 1 minute.
1. Add the remainder of the ingredients (except for swiss chard leaves and parmesan cheese) to pot.
1. Bring mixture to a boil, cover, reduce heat, and cook for 20-25 minutes, or until butternut squash is tender and lentils are cooked.
1. Stir in swiss chard leaves and cook until just wilted, about 1-2 minutes.
1. Divide into bowls and garnish with parmesan cheese, if desired. Enjoy!

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