

# Chard and Chickpea Soup with Sausage and Green Pepper

From – *Kalynskitchen.com*

1 Tbsp olive oil  
1 onion-diced  
1 green bell pepper-diced  
2 tsp minced garlic  
1 cup diced pre-cooked turkey sausage  
½ tsp dried thyme  
1 can chickpeas rinsed with cold water  
6 cups chicken stock  
1 can diced tomatoes with juice +1 can water  
6-8 cups chard leaves ribbons  
freshly grated Parmesan cheese for serving (optional)

- Heat the olive oil in a heavy soup pot, then add onion and green bell pepper and saute for 3-4 minutes, until vegetables are just starting to soften.
- Add the minced garlic and cook about 1 minute more.
- Add the sausage and dried thyme and cook a few minutes more.
- Add chickpeas chicken stock, canned tomatoes and juice, and 1 can water.
- Let the soup come to a simmer while you chop the chard.
- Add chard ribbons to the soup, bring to a low simmer and cook soup for 1 1/2 to 2 hours, or until chard is starting to break apart and soup flavors are well blended.
- Serve hot, with freshly grated Parmesan cheese to sprinkle on top if desired.



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