

Vegetable and Bean Soup

- 1 (1-pound) bunch Swiss chard, thick stem ends removed and discarded
- 2 teaspoons extra-virgin olive oil, plus extra for drizzling
- 2 celery stalks, chopped
- 1 small onion, chopped
- 1 garlic clove, minced
- 3 cups low-sodium tomato vegetable juice
- 1 (14 ½ - ounce) can unsalted diced tomatoes
- 1 (15- ounce) can navy or small white beans, rinsed and drained
- ½ teaspoon dried oregano
- Salt and freshly ground black pepper

Submerge chard in cold water and rinse thoroughly; thinly slice stems and coarsely chop leaves.

Heat 2 teaspoons of the oil in a large saucepan over medium-high heat. Add celery and onion and cook, stirring often, until softened, about 5 minutes. Add garlic and cook 1 minute more.

Add broth, tomatoes with juice, beans, and oregano; bring to a low boil.

Reduce heat to medium-low, cover, and simmer for ten minutes. Add chard and cook 5 minutes more. Season with salt and pepper, drizzle with oil, and serve hot.

Courtesy of Dr. Catherine Hebert
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