



## Beautiful Red Swiss Chard Soup

Amazingly delicious and high in nutrients, especially raw. It will lose a little of its nutrients when cooked but not much.

I love it in my scrambled eggs. It was so beautiful in the store I couldn't resist buying it. I prefer small tender crisp leaves. I use the stems too, they are so sweet.

When I get it home I swish it in COLD water, trim the bottoms of the stems and place in a vase or tall glass of water. Once it has stopped dripping water I place it in the fridge.

I used one leaf in my scrambled eggs the next morning. The remainder I planned to make my luscious Chicken Alfredo. You'll find it in **Volume 5**, of [Cooking with Judy](#) on pages 42-43, along with all the nutritional information.

However, I did not have any chicken on hand so now what? Well a few weeks ago I made the scrumptious [Beet Greens Soup](#). So why not Red Swiss Chard Soup????

Like always I started with a big pinch of coarse ground pepper, page 25 in **Volume 6** of [Cooking with Judy](#) in the bottom of my dry soup pot. Turn the heat to med low, when you smell the pepper add your EVOO, chopped onion. Stir and add your big pinch of Kosher salt. Found in the fridge the tender yellow leaves from the center of the last head of celery I washed. Diced that up and added it too.

Well lets see the fresh ginger and turmeric root really set off the Beet Greens Soup and garlic is always good with Swiss Chard. So I grated all three over the top of my onions once they were translucent. Ooop's let's not forget our favorite new sparkle to almost every dish -- grated [WHOLE FROZEN lemon](#) on top. Stir well.

I added my homemade Chicken Stock (page 19 in [Cooking with Judy](#)), then using my kitchen OFFICE scissors cut up my Swiss Chard on top, added my bay leaf, covered it and simmered (15-20 min) till the Chard was limp but NOT mushy.

Took a taste and it was a bite bland. Dug around in the freezer and found a snack bag of Picante sauce and tossed it in. Perfect - gave it a little zing.

Also in the freezer I found a thin slice of Pastrami. I broke it up (frozen) into my soup bowl, topped it with snippets of fresh flat leaf parsley, (you can use cilantro if you prefer) and poured the hot soup over the top. Served it with a slice of my Pizza Bread on page 18 in [Cooking with Judy](#)

### INGREDIENTS:

- big pinch coarse black pepper
- 1 T Extra Virgin Olive Oil
- 1 sweet onion, diced
- big pinch Kosher salt
- 1/3 C tender yellow celery leaves
- 1-2 gloves fresh garlic grated
- 1" Ginger root, 1/2" turmeric root, grated
- 1 T grated WHOLE FROZEN Lemon
- 1 bunch Swiss Chard cut into ribbons
- 2-3 cups homemade Chicken Stock
- 2-3 cups water
- 1-2 bay leaves
- 1/3 C picante sauce