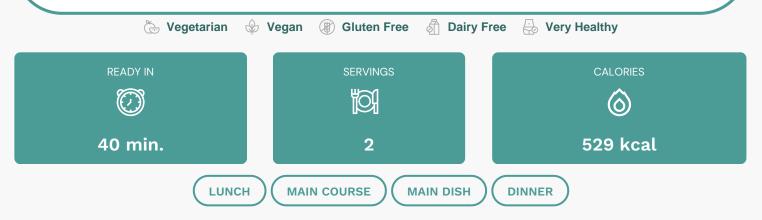


Tomato-Chickpea Soup with Rice and Swiss Chard



Ingredients

Ш	2 servings pepper black freshly ground
	15.5 ounce garbanzo beans drained and rinsed canned
	28 ounce canned tomatoes crushed canned
	1 bunch swiss chard chopped roughly chopped
	0.5 cup basmati rice cooked
	2 teaspoons garlic clove minced
	2 servings kosher salt

	5 teaspoons olive oil extra virgin extra-virgin	
H	2 cups vegetable stock low-sodium	
Ш	0.8 cup onion diced yellow	
Equipment		
	frying pan	
	paper towels	
	pot	
	_	
Dii	rections	
	Heat 3 teaspoons oil in medium pot over medium heat.	
	Add onions and chard stems (not leaves) and sauté until onions are translucent and stems are softened, about 5 minutes.	
	Add garlic and cook, stirring until fragrant, about 1 minute.	
	Add tomatoes and sprinkle with salt. Cook 2 minutes, then add stock. Bring to a boil, reduce to a simmer, and cook until slightly reduced, about 10 minutes. Keep warm.	
	Heat remaining 2 teaspoons oil in a large sauté pan over high heat until oil is hot and shimmering.	
	Add chickpeas, sprinkle with salt, and fry over medium-high heat until browned and crispy, about 3 minutes.	
	Drain on paper towel, and then stir into soup along with rice.	
	Stir chard leaves into soup over medium-high heat in batches, waiting until just wilted and soft before adding more. Simmer 1 minute to heat everything through, and then season with salt and pepper.	
	Let cool before storing in an airtight container for the next day, or freeze for future use.	
Nutrition Facts		
	PROTEIN 15.38% FAT 25.05% CARBS 59.57%	

Properties

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.02mg, Luteolin: 0.0

Nutrients (% of daily need)

Calories: 529.07kcal (26.45%), Fat: 15.88g (24.44%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 84.98g (28.33%), Net Carbohydrates: 64.1g (23.31%), Sugar: 23.71g (26.34%), Cholesterol: Omg (0%), Sodium: 2591.5mg (112.67%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 21.94g (43.88%), Vitamin K: 1272.51µg (1211.91%), Vitamin A: 10562.84IU (211.26%), Manganese: 3.4mg (169.99%), Vitamin C: 87.11mg (105.59%), Vitamin B6: 1.93mg (96.46%), Fiber: 20.87g (83.5%), Copper: 1.39mg (69.6%), Magnesium: 271.87mg (67.97%), Potassium: 2162.7mg (61.79%), Vitamin E: 9.27mg (61.78%), Iron: 10.89mg (60.47%), Phosphorus: 410.91mg (41.09%), Folate: 140.22µg (35.05%), Vitamin B1: 0.47mg (31.31%), Calcium: 312.18mg (31.22%), Vitamin B3: 5.99mg (29.93%), Vitamin B2: 0.4mg (23.48%), Zinc: 3.46mg (23.06%), Vitamin B5: 2.27mg (22.65%), Selenium: 11.82µg (16.88%)