

Basic Green Soup

This chard and spinach green soup has a complex flavor from slowly cooked onions and lemon juice. A small amount of rice gives it body and a velvety texture.

By **Anna Thomas** | Updated on September 20, 2023

✔ Tested by **EatingWell Test Kitchen**

Cook Time: 30 mins

Active Time: 30 mins

Total Time: 1 hr

Yield: 8 servings, about 1 1/4 cups each

Nutrition Profile:

Low-Carb Nut-Free Dairy-Free Healthy Immunity Low-Fat Soy-Free High-Fiber Vegan Vegetarian Egg-Free
Gluten-Free Low-Calorie

Ingredients

- 2 tablespoons extra-virgin olive oil, plus more for garnish
- 2 large yellow onions, chopped
- 1 teaspoon salt, divided
- 2 tablespoons plus 3 cups water, divided
- ¼ cup arborio rice
- 1 bunch green chard (about 1 pound)
- 14 cups gently packed spinach (about 12 ounces), any tough stems trimmed
- 4 cups vegetable broth, store-bought or homemade
- Big pinch of cayenne pepper
- 1 tablespoon lemon juice, or more to taste

Directions

Step 1

Heat 2 tablespoons oil in a large skillet over high heat. Add onions and 1/4 teaspoon salt; cook, stirring frequently, until the onions begin to brown, about 5 minutes. Reduce the heat to low, add 2 tablespoons water and cover. Cook, stirring frequently until the pan cools down, and then occasionally, always covering the pan again, until the onions are greatly reduced and have a deep caramel color, 25 to 30 minutes.

Step 2

Meanwhile, combine the remaining 3 cups water and 3/4 teaspoon salt in a soup pot or Dutch oven; add rice. Bring to a boil. Reduce heat to maintain a simmer, cover and cook for 15 minutes. Trim the white ribs out of the chard (save for another use, such as to add to a stir-fry or other soup). Coarsely chop the chard greens and spinach.

Step 3

When the rice has cooked for 15 minutes, stir in the chard greens. Return to a simmer; cover and cook for 10 minutes. When the onions are caramelized, stir a little of the simmering liquid into them; add them to the rice along with the spinach, broth and cayenne. Return to a simmer, cover and cook, stirring once, until the spinach is tender but still bright green, about 5 minutes more.

Step 4

Puree the soup in the pot with an immersion blender until perfectly smooth or in a regular blender in batches (return it to the pot). Stir in 1 tablespoon lemon juice. Taste and add more lemon juice, if desired. Garnish each bowl of soup with a drizzle of olive oil.

Equipment

Large skillet, soup pot or Dutch oven, immersion or countertop blender

To make ahead

Prepare through Step 4 (omitting the lemon), cover and refrigerate for up to 3 days. Season with lemon just before serving.

Originally appeared: EatingWell Magazine, Soup Cookbook

Nutrition Facts

Per serving: **Serving Size 1 3/4 cups** 95 calories; total carbohydrate 13g; dietary fiber 3g; total sugars 3g; protein 3g; total fat 4g; saturated fat 1g; vitamin a 7462iu; vitamin c 33mg; folate 98mcg; sodium 447mg; calcium 93mg; iron 3mg; magnesium 84mg; potassium 510mg