

EatingWell

# 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.

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 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

1/4 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.

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## Nutrition Facts

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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