



## Sausage, Potato and Swiss Chard Soup

### Ingredients:

- 1 lb Italian sausages
  - 1 T extra virgin olive oil
  - 1 onion, chopped
  - 2 garlic cloves, minced
  - 3 cups cubed peeled potatoes
  - ½ tsp dried Italian herb seasoning
  - ½ tsp pepper
  - ¼ tsp hot pepper flakes
  - 3 cups water
  - 1 cup sodium-reduced chicken stock
  - 2 cups packed coarsely chopped Swiss chard leaves
  - ½ cup shaved Parmesan cheese
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### Preparation:

Cut sausage into 1-inch (2.5 cm) pieces. In large saucepan, heat oil over medium-high heat; brown sausage. Transfer to bowl. Drain fat from pan.

Add onion, garlic, potatoes, Italian herb seasoning, pepper and hot pepper flakes to pan; fry over medium heat, stirring occasionally, until onion is softened, about 5 minutes.

Add water and stock; bring to boil. Return sausage to pan; reduce heat, cover and simmer until potatoes are almost tender, about 7 minutes.

Add Swiss chard; simmer, covered, until tender, about 5 minutes. Top with Parmesan cheese.