Chard and Chickpea Soup with Sausage and Green Pepper

From – Kalynskitchen.com

1 Tbsp olive oil
1 onion-diced
1 green bell pepper-diced
2 tsp minced garlic
1 cup diced pre-cooked turkey sausage
½ tsp dried thyme
1 can chickpeas rinsed with cold water
6 cups chicken stock
1 can diced tomatoes with juice +1 can water
6-8 cups chard leaves ribbons
freshly grated Parmesan cheese for serving (optional)

• Heat the olive oil in a heavy soup pot, then add onion and green bell pepper and saute for 3-4 minutes, until vegetables are just starting to soften.
• Add the minced garlic and cook about 1 minute more.
• Add the sausage and dried thyme and cook a few minutes more.
• Add chickpeas chicken stock, canned tomatoes and juice, and 1 can water.
• Let the soup come to a simmer while you chop the chard.
• Add chard ribbons to the soup, bring to a low simmer and cook soup for 1 1/2 to 2 hours, or until chard is starting to break apart and soup flavors are well blended.
• Serve hot, with freshly grated Parmesan cheese to sprinkle on top if desired.

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