

Chard-Cheddar Soup

½ - 1 bunch chard
3 tbsp butter
3 cloves garlic, chopped
¼ onion, diced
3 tbsp flour
1 ½ cups chicken stock
1 ½ cups milk
2 cups grated very sharp white cheddar
Pinch of nutmeg
1 tbsp Dijon mustard
Salt and pepper
Baguette slices.



Sometimes, you just need an excuse to eat a lot of warm cheese. Maybe it's cold outside, and your body hurts from a long day at work. Maybe it's raining and you forgot your umbrella and you had to skip lunch and your feet hurt and your hot water ran out before you were ready to get out of the shower. Some days, you just need a bowl of comfort and some toast. Some days are just cheesy soup days.

This soup is like the Earth giving you a hug. Chard is such a beautiful vegetable and makes such a creamy soup on its own. This soup is like all the best parts of broccoli cheese soup, but without the chunky bits of broccoli to chew through. It's simply silky and creamy and warm. And, personally, I think chard tastes better than broccoli anyway. This is now my go-to soup for when I need to feel the love of the universe. I like white cheddar, so that the soup stays beautifully green.

Begin by prepping your chard. Remove the stems and dice them. Put the stems with the diced onion since we're going to cook them together. Chop the chard leaves fairly finely, but we'll be pureeing the soup later so it's okay if it's not perfect.

Melt the butter over medium-high heat. Add in the onions, chard stems, and garlic, and cook until translucent, about 7 minutes. Reduce heat to medium.

Sprinkle in the flour and stir continuously until the flour is cooked and evenly dispersed, about 2 minutes. Gradually add in the milk and stock, stirring continuously, until all the liquid has been added and begins to bubble and thicken.

Add in all the chard, and simmer, stirring occasionally, until the chard is wilted, about 5 minutes. Carefully add all the soup into a blender (or use an immersion blender) and blend until mostly smooth. I like some bits of chard, but you blend to whatever consistency you like. This is your bowl of comfort.

Add the blended soup back to the pot and warm over medium-low. Stir in the cheese, Dijon mustard, nutmeg, and season to taste with salt and pepper.

Serve with toasted baguette slices and unwind.

You could replace the milk with beer (a lager would be nice) if you're so inclined. I'd add a bit more mustard, and maybe serve it with toasted pretzel bread for dipping.