

# Swiss chard soup

By Gul Bahceci of [Cafe Mangal](#)

At Cafe Mangal, we have some menu items that yield “leftovers.” When we’ve accumulated enough, its time for us to make a delicious Swiss chard soup for our staff!

Below, I’ll tell you about the menu items, leftovers, and how our “kitchen sink” soup comes together. Its flexible by design - the recipe can change depending on what is left. Make it your own!

## Menu item #1 - Stuffed Peppers

When we make our Stuffed Peppers, we usually have extra tomato and red pepper paste sauce, which is our first “leftover” ingredient. We make the sauce by mixing together equal amounts of tomato paste and red pepper paste, gradually adding water, bringing it to a boil, and finishing with salt and black pepper to taste.

## Menu item #2 - Braised Lamb Shanks

The Braised Lamb Shanks are cooked in a cast iron Dutch oven for six to seven hours. It has the lamb shanks, a good amount of fresh thyme sprigs, whole-peeled onions, diced carrots, baby potatoes, and salt and fresh black pepper to taste. After the lamb shanks are braised and portioned, we put the leftover jus (thin sauce made from meat juices) in glass jars, which we freeze to use later.

## Menu item #3 - Tri-Bean Salad

To make our Tri-Bean Salad, we use chickpeas and three types of beans: black, black-eyed, and red. After we take the necessary amounts for the Tri-bean Salad recipe, the rest of the cooked beans are stored in airtight containers in the fridge.

## Swiss Chard Soup

Once these “leftovers” have accumulated, it’s time to make the soup:

1. Put 4 cups of the tomato and red pepper sauce in a large pot. Add 2 cups of the lamb jus. Bring mixture to boil.
2. Wash 2 bunches of Swiss chard thoroughly. Then chop the chard and add to the pot.
3. When Swiss chards are cooked, add as many leftover beans as you’d like.
4. Add 1 cup of uncooked rice.
5. Peel and dice a handful of baby potatoes. Add to pot. (Optional)
6. Bring mixture to a boil again. Then reduce heat and let it simmer for 20 minutes.

You can add a little grated garlic. Make it with barley or bulgur instead of rice. Substitute Swiss chard with spinach or collard greens, or leave out the greens all together! The soup is flexible to accommodate whichever leftovers you have on hand.