



Everything HERBAL

by Cheryl Jabz

Creamy Nettle Soup

Comforting • Nourishing • Herbal



A smooth, nourishing soup made with fresh nettles, onion, potatoes, and broth. This cozy herbal soup is earthy, comforting, and perfect for a simple wholesome meal.

INGREDIENTS

- 2 cups fresh nettles
(gloves on while handling raw)
- 1 onion, diced
- 2 potatoes, diced
- 3 cups broth
- 1 tbsp olive oil
- Salt & pepper

INSTRUCTIONS

- 1 Sauté onion in olive oil.
- 2 Add potatoes and broth.
- 3 Simmer 15 minutes.
- 4 Add nettles during the last 5 minutes.
- 5 Blend until creamy.
- 6 Season with salt and pepper to taste.



Tip: Wear gloves when handling fresh nettles until cooked.



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