



Creamy Nettle Soup

servings: 4-6

Ingredients

- 1 medium size butternut or acorn squash (OR substitute 3 cups scrubbed, diced potatoes)
- 2 Tablespoons olive oil
- 1 large onion
- 2 cloves garlic, minced (or substitute 1/2 teaspoon garlic powder)
- 6 cups of chicken broth, vegetable broth, or water
- 4 cups washed and chopped fresh nettles
- 2 Tablespoons lemon juice
- Salt and pepper to taste

Directions

- 1.) If using squash, turn oven on 375 degrees. Cut squash in half, scoop out seeds, and place cut-side down on a cookie sheet. Bake until the squash is soft, about 30 minutes. Scoop out insides and set aside.
- 2.) If using potatoes, have them scrubbed and cut up.
- 3.) Heat 2 Tablespoons olive oil in a pot on medium heat. Add onions and garlic, and saute until onions are translucent. Add remaining ingredients, including squash or potatoes, and cook 20 minutes (ensure potatoes are done, if using potatoes). Cool a bit before blending. Carefully place soup in a blender or smoothie maker (no more than 1/3 to 1/2 full to prevent an explosion of hot liquid) and blend until smooth and creamy. Repeat with the rest of the soup, as needed. Re-warm the blended soup as needed, and serve.

This soup is a filling way to get your greens! Nettles are rich in calcium, fiber, potassium, iron, and more vitamins and minerals! Harvest nettles in the early spring when the leaves are tender.

