

Creamy Dandelion Soup - A Foraged, Earthy Comfort in Every Bowl

Creamy Dandelion Soup - Earthy, Creamy, and Soul-Warming



TIME
5 min

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INGREDIENTS

Soup Base:

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 medium potatoes, peeled and diced
- 4 cups vegetable broth
- 4 cups dandelion greens, thoroughly washed and chopped
- $\frac{1}{2}$ tsp salt (adjust to taste)
- $\frac{1}{4}$ tsp ground black pepper
- Pinch of nutmeg (optional)

Creamy Finish:

- $\frac{1}{2}$ cup heavy cream or full-fat coconut milk
- Juice of $\frac{1}{2}$ lemon

Optional Garnish:

- Drizzle of olive oil or cream
- Toasted pumpkin seeds or croutons
- Fresh parsley or chives

Swaps and Notes:

Dandelion Greens: Use baby spinach or kale if dandelion is unavailable or too bitter for your taste.

Potatoes: Yukon Gold or Russets work best for creaminess.

Coconut Milk: Adds a subtle sweetness and makes it dairy-free.

Nutmeg: Optional, but it enhances the earthy tones.

How to Make Creamy Dandelion Soup:

Tips for Success:

Thorough Washing: Wild greens like dandelion can carry dirt-wash several times in cold water.

Flavor Balance: Lemon juice helps mellow bitterness and brings brightness.

Blending: An immersion blender is safest, but if using a countertop blender, let the soup cool slightly to avoid splashes.

Serving Suggestions and Pairings:

Storage and Leftovers:

More Recipes You'll Love:

[This Cajun Chicken Sausage Gumbo](#)

[These Easy Turkey Wings](#)

[This Tomato Skillet with Okra and Sausage](#)

[This Blueberry Lemonade](#)

[These Chocolate Chip Cookie Dough Brownie Bombs](#)

DIRECTIONS

1. **Saut  Aromatics**In a large pot over medium heat, warm the olive oil. Add chopped onion and cook until translucent (4-5 minutes). Add garlic and stir for 1 more minute until fragrant.
2. **Cook Potatoes**Add the diced potatoes and pour in vegetable broth. Bring to a boil, then reduce to a simmer. Cook 10-12 minutes until the potatoes are fork-tender.
3. **Add Greens**Stir in the dandelion greens, salt, pepper, and nutmeg. Simmer another 5-7 minutes until the greens have wilted and mellowed.
4. **Blend Smooth**Remove from heat. Use an immersion blender directly in the pot or blend in batches until silky smooth.
5. **Finish Creamy**Stir in the heavy cream or coconut milk and lemon juice. Adjust the seasoning. If too thick, add a splash of water or broth.
6. **Serve and Garnish**Ladle into bowls. Top with a drizzle of cream, a sprinkle of toasted pumpkin seeds, and fresh herbs if desired.
7. **Tips for Success: Thorough Washing:** Wild greens like dandelion can carry dirt-wash several times in cold water.
8. **Flavor : Balance:** Lemon juice helps mellow bitterness and brings brightness.
9. **Blending:** An immersion blender is safest, but if using a countertop blender, let the soup cool slightly to avoid splashes.
10. **Serving Suggestions and Pairings:** Pair a warm bowl of this soup with a rustic loaf of crusty bread or grilled cheese for a cozy meal. Or enjoy it as a

starter alongside something bold like This Tomato Skillet with Okra and Sausage or These Easy Turkey Wings.

11. For drinks, serve with : This Blueberry Lemonade for a bright contrast, or go cozy with tea and blanket vibes.
12. And finish the meal with a sweet treat like : Chocolate Chip Cookie Dough Brownie Bombs for dessert bliss.
13. Storage and Leftovers: Let the soup cool completely, then refrigerate in an airtight container for up to 4 days. It also freezes well for up to 3 months-just omit the cream before freezing and stir it in after reheating.
14. More Recipes You'll Love: This Cajun Chicken Sausage Gumbo
15. These : Easy Turkey Wings
16. This : Tomato Skillet with Okra and Sausage
17. This : Blueberry Lemonade
18. These : Chocolate Chip Cookie Dough Brownie Bombs
19. Final Thoughts: Creamy Dandelion Soup brings foraging into your kitchen with a touch of elegance. It's perfect for spring evenings or anytime you crave something grounding and green. Whether you're new to wild greens or a seasoned gatherer, this bowl will make you see dandelions in a whole new light.
20. If you make this recipe, I'd love to hear how it turns out! Leave a comment or tag @chefmaniac in your creations. Let's keep cooking up the magic.

SWAPS & NOTES

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