

## Classic Stinging Nettle Soup A Springtime Comfort

Classic Stinging Nettle Soup: A Wild-Gathered Bowl of Comfort



**TIME**  
**5 min**

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**ChefManiac**

### INGREDIENTS

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil or butter
- 1 medium leek (white and light green parts), chopped
- 2 medium potatoes, peeled and diced
- 1 large carrot, chopped
- 6 cups vegetable or chicken broth
- 6-8 cups fresh stinging nettle leaves (young tops preferred)
- Salt and pepper, to taste
- $\frac{1}{8}$  tsp ground nutmeg (optional)
- 1 tbsp lemon juice or apple cider vinegar (optional)
- $\frac{1}{4}$  cup heavy cream or coconut cream (optional for added richness)
- Crusty bread or sour cream for serving (optional)

#### Instructions:

1. Prepare the Nettles:
2. Sauté the Base:
3. Add Vegetables and Broth:
4. Add the Nettles:
5. Blend and Season:
6. Serve:

#### Tips for Success:

Don't overcook the nettles - 5 to 7 minutes is

perfect to keep their vibrant color and flavor.

Use an immersion blender to avoid transferring hot soup to a stand blender.

Add beans or lentils if you want extra protein or a heartier version.

Variations to Try:

Add fresh herbs like dill or parsley before serving for an aromatic lift.

Use coconut cream for a dairy-free version with a subtle sweetness.

Add a pinch of chili flakes if you enjoy a little heat.

Storage & Leftovers:

Refrigerate leftovers in a sealed container for up to 3 days.

Freeze in portions for up to 2 months. Reheat gently on the stove without boiling.

## DIRECTIONS

1. Prepare the Nettles: Always wear gloves when handling raw nettles. Rinse well in cold water and trim away any tough stems. Use only the tender leaves and tops.
2. SautØ the Base: In a large soup pot, heat olive oil or butter over medium heat. Add chopped onion and sautØ until translucent, about 5 minutes. Add garlic and leeks, and cook for another 2-3 minutes until softened and fragrant.
3. Add Vegetables and Broth: Stir in diced potatoes and carrots, then pour in the broth. Bring to a boil, reduce the heat, and simmer for 15-20 minutes until the vegetables are tender.
4. Add the Nettles: Gently stir in the nettle leaves and let simmer for 5-7 minutes, just until wilted and soft.
5. Blend and Season: Remove the pot from heat and use an immersion blender to purØe the soup until smooth. Season with salt, pepper, and optional nutmeg. Stir in lemon juice or vinegar for brightness and cream for a velvety finish if desired.
6. Serve: Ladle into bowls and serve with a hunk of crusty bread or a swirl of sour cream.
7. Tips for Success: Don't overcook the nettles - 5 to 7 minutes is perfect to keep their vibrant color and flavor.
8. Use an immersion blender to avoid transferring hot soup to a stand blender.
9. Add beans or lentils if you want extra protein or a heartier version.
10. Variations to Try: Add fresh herbs like dill or parsley before serving for an aromatic lift.

11. Use coconut cream for a dairy-free version with a subtle sweetness.
12. Add a pinch of chili flakes if you enjoy a little heat.
13. Storage & Leftovers: Refrigerate leftovers in a sealed container for up to 3 days.
14. Freeze in portions for up to 2 months. Reheat gently on the stove without boiling.

### TIPS FOR SUCCESS

Don't overcook the nettles - 5 to 7 minutes is perfect to keep their vibrant color and flavor.

Use an immersion blender to avoid transferring hot soup to a stand blender.

Add beans or lentils if you want extra protein or a heartier version.

Variations to Try Add fresh herbs like dill or parsley before serving for an aromatic lift.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/classic-stinging-nettle-soup-a-springtime-comfort/>