

Veggie Nettle Soup

2 cups broccoli florets, chopped
3 cups cauliflower, chopped
1 cup carrots, diced
2-3 Tbsps. olive oil
1 onion, diced
3-4 cloves of garlic, minced
¼ cup dried cut nettles (or ¾-1 cup fresh nettles)
6 cups vegetable broth
4 tomatoes, diced
Mixed, dried or fresh Italian herbs to taste
(Rosemary, Sage, Oregano, Basil, Thyme)
Real Salt and Cracked Pepper to taste
Nutritional Yeast, Optional



In a large pot or saucepan, heat olive oil over medium heat. Add onion and garlic; cook until onions are translucent and garlic is fragrant. Next add carrots and cook for 2-3 minutes, stirring occasionally. Then add the broth, tomatoes, Italian herbs, salt and pepper. Bring to a boil, reduce heat to simmer. Stir in broccoli, cauliflower and nettles, and continue to simmer gently until desired texture is reached. Sprinkle in nutritional yeast for an umami-flavor boost.

Recipe by Helen Rosenbrock