

Nettle Noodle Soup

Serves 4-6

This is a hearty vegetarian version of a nutrient packed “chicken noodle soup”. Ideal when you’re feeling a bit under the weather, detoxing from an indulgent diet or just wishing something warm, hearty and nourishing..... And leftovers make a quick and easy, satisfying breakfast!

Ingredients

- 8 cups of water
- 2 TBSP of ghee or oil (sesame, sunflower or olive)
- 1 large onion and 1 clove of garlic
- 1-2 TBSP of fresh chopped ginger
- 1-2 TSP of cumin seeds
- 1 TSP of turmeric
- 3/4 cup of dried nettles
- 2 cups of chopped root veggies (carrots, turnip, squash, potato or pumpkin)
- 2 stocks of celery, chopped
- 2 handfuls of chopped leafy greens (spinach, kale, fresh nettles)
- 1/2 cup of red or french lentils
- 1/2 cup of Israeli couscous or small pasta
- Squeeze of lime, salt and pepper to taste



Preparation

1. Rinse lentils well and allow to soak.
2. Chop the onion.
3. Add the ghee into a large soup pot and slow caramelize the onions in the ghee/oil on low heat until they are soft and browned.
4. Mince garlic and ginger and add to onions. Sauté on low heat for one minute.
5. Add turmeric and cumin seeds. Sauté on low heat for one minute.
6. Add water, dried nettles, chopped root veggies, chopped celery and lentils.
7. Bring to a boil and simmer on low heat until nettles are soft and root veggies are cooked. Approx. 30 minutes.
8. Add noodles and more water if necessary. Cook until noodles are done.
9. Add fresh greens and stir.
10. Add lime juice, salt and pepper to taste.

Tips

- If you like leftovers but don’t like over cooked, soggy noodles, you can cook your noodles separately and add them to the soup as reheated.
- For a weight-conscious diet you can skip the noodles all together!
- Top with a nourishing handful of cashews for crunch and extra protein.
- Try barley (instead of pasta) with thyme and roasted mushrooms for a heartier version.