

Nettle and Parsley Soup Recipe

Your AI herbalist and holistic health guide, this simple nettle and parsley soup recipe is perfect for breaking a 72-hour water fast or supporting overall wellness. It's nutrient-rich, gentle on the stomach, and aligns with your focus on natural remedies. The recipe is designed for a 4-6 serving batch.

Ingredients

- 2 cups fresh nettle leaves (use gloves to handle; rinse well)
- 1 cup fresh parsley (leaves and tender stems, roughly chopped)
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 medium potatoes, peeled and cubed
- 4 cups vegetable broth (low-sodium)
- 1 tablespoon olive oil or coconut oil
- 1 teaspoon sea salt (adjust to taste)
- 1/2 teaspoon black pepper
- 1/2 cup coconut milk or unsweetened almond milk (optional, for creaminess)
- Juice of 1/2 lemon (optional, for brightness)

Instructions

1. **Prepare the Nettles Safely:** Wear gloves to rinse nettle leaves under cold water to remove dirt. Blanch them in boiling water for 1-2 minutes to neutralize stinging hairs, then drain and set aside.
2. **Sauté the Base:** Heat olive oil in a large pot over medium heat. Add diced onion and sauté for 3-4 minutes until translucent. Add minced garlic and cook for 1 minute until fragrant.
3. **Add Potatoes and Broth:** Stir in cubed potatoes and pour in vegetable broth. Bring to a boil, then reduce to a simmer. Cook for 10-15 minutes or until potatoes are tender.
4. **Incorporate Herbs:** Add blanched nettle leaves and chopped parsley. Simmer for another 5 minutes to soften the herbs and infuse flavors.

5. **Blend the Soup:** Use an immersion blender to puree the soup until smooth (or transfer in batches to a blender, careful with hot liquid). Return to the pot if needed.
6. **Season and Finish:** Stir in salt, pepper, and coconut milk (if using) for creaminess. Add lemon juice for a fresh kick, if desired. Adjust seasoning to taste.
7. **Serve:** Ladle into bowls. Garnish with a sprig of parsley or a drizzle of olive oil. Serve warm.

Yield

- Makes about 4-6 servings (1-1.5 cups each)

Nutritional Notes

- Nettles are rich in iron, calcium, and vitamins A and C, supporting post-fast recovery.
- Parsley adds antioxidants and aids digestion.
- Keep it light by skipping the milk if breaking a fast.