

9-Wild-Herb-Soup

Recipe for 4 people

Ingredients

- Pick one handful of each of the following meadow and forest herbs:

Nettle | Plantain | Chickweed | Ground ivy shoots | Young dandelion leaves | Ground elder | Wild garlic | Yarrow | Glechoma (Ground Ivy)

- Coconut fat
- 1 onion
- 1 garlic clove
- 1 starchy potato
- 1 liter vegetable broth
- Pepper
- Coconut milk or cream (optional)
- Daisies for decoration

Preparation

1. Wash the herbs thoroughly in a salad strainer and pat dry
2. • Finely chop the onion and garlic
3. • Heat coconut fat in a pan
4. • Add the onion and garlic and sauté until translucent
5. • Deglaze with vegetable broth and bring to a brief boil
6. • Peel and dice the potato, add it, and cook until soft
7. • Finally, add the herbs, stir briefly, and blend finely with a hand blender
8. • Season with pepper and coconut milk to taste
9. • Serve in pre-warmed bowls and garnish with daisies

