

Coconut Nettle Potato Leek Soup

Ingredients:

3 tbsp butter
3 leeks, thinly sliced (tops discarded)
1 shallot, chopped (can use yellow or white onion)
2 lbs russet potatoes, peeled and sliced
1 lb red potatoes, unpeeled and cut up
1 quart beef stock (can use chicken or vegetable)
2 heaping tbsp dried & powdered stinging nettles (fresh are best if you can)
1 cup coconut cream (Can use heavy cream)
1 bay leaf
Pinch or so of white pepper
Tbsp of thyme (fresh thyme is best)
Salt to taste
Juice of half a lemon

Instructions:

Melt butter in a heavy soup pot.
Saute leeks and onion until soft.
Add potatoes. Cook a few minutes.
Cover with beef stock; add water if necessary until potatoes are fully covered.
Throw in a bay leaf.
Simmer for 10 minutes before adding nettles.
Continue simmering until potatoes are tender, then work with a masher.
Season and add spices & lemon juice. Turn heat to low.
Now is the time to use an immersion blender; otherwise, blend in a food processor to desired consistency. Stir in coconut cream and, if you like, a pat of butter.

At the end upon serving can add a drop of olive oil if desired.