

# Stinging Nettle and Lentil Miso Soup

## Ingredients

- Olive oil, for cooking
- 1 small onion, diced
- 2 cloves of garlic, minced
- 1-inch piece of ginger, minced
- 1 large carrot, diced
- 1 dried shiitake
- 1 bay leaf
- 1 tsp. dried dulse powder
- 1/3 cup green lentils
- 4 cups vegetable stock
- 2 cups of loosely packed stinging nettle tips or leaves, rinsed
- 2 tbsp. miso paste
- Salt and pepper, to taste

## Steps

1. Heat a small amount of olive oil to a large or medium-sized pot. Add your onion and sauté for a minute or so before adding the garlic and ginger. After a couple more minutes add the carrot. Let cook for about two more minutes, and then add the shiitake, bay leaves and dulse powder. Stir, and add the lentils, stirring to coat them in the oil.

2. Pour in your broth, cover the pot, and bring up to a boil before reducing to a simmer. Allow to simmer until the lentils are cooked (20-30 minutes, or more, depending on your lentils). Add the nettles and cook for three more minutes, until tender. Turn off the heat, and the miso paste and stir until totally dissolved. Add salt and pepper to taste, remove the shiitake and bay leaf and serve.

