

# Stinging Nettle Vegan Green Minestrone

## Ingredients

- ½ fennel bulb, plus a few sprigs of the leaves
- 1 large shallot
- Oil, for cooking
- 1 large leek
- 2 cloves garlic
- 3 oz. button mushrooms
- 6 cups vegetable broth
- 1 ½ cups pastina (or other small pasta)
- 1 ¾ cups cooked white beans
- 1 cup shelled green peas
- 3 cups stinging nettle leaves, lightly packed
- Salt and pepper, to taste
- Vegan parmesan, for serving (optional)

## Steps

1. Prepare your vegetables. Chop the fennel into small pieces. Cut the mushrooms into similarly small pieces. Remove the top, green part of the leeks. Cut in half and slice thin half-circles down the length. Wearing gloves, roughly chop the stinging nettle leaves.
2. Heat a small amount of oil in a large pot. Add the fennel and shallots, cooking on a medium heat. Sauté for a few minutes, stirring, until the fennel and shallots soften. Add the leeks, garlic, and mushrooms. Cook for a few more minutes until the mushrooms have released and then add the vegetable broth. Bring the broth to a simmer and then add the pasta. Season with salt and pepper.
3. Let the pasta simmer for about 5 minutes before adding in the white beans, nettles, and green peas. Cook for another 2 minutes and remove from the heat. Season with salt and pepper to taste. Serve warm, and garnish with vegan parmesan and fennel leaves as desired.

