

Watercress Soup

Fresh watercress soup recipe ready in 25 minutes. Nutritious vegan soup packed with vitamins and minerals. Easy preparation with simple ingredients.

10 min

PREP

15 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 potato
- 2 onion
- 2 clove garlic
- 8 tbsp olive oil
- 3 cup vegetable broth
- 3 bunch watercress
- 0 breadcrumb

Instructions

- 1 Prepare the vegetables**

Peel and roughly chop 2 medium potatoes into 1-inch pieces. Dice 2 medium onions and mince 2 cloves of garlic.
- 2 Sauté the base**

Heat 8 tablespoons of olive oil in a large soup pot over medium heat (160°C/325°F). Add the chopped potatoes, onions, and garlic, stirring to coat evenly with oil.
- 3 Cook the vegetables for 5-7 minutes, stirring occasionally, until the onions are soft and translucent and the potato edges begin to soften.**
- 4 Add liquid and simmer**

Pour in 3 cups of vegetable broth and bring to a rolling boil over high heat.
- 5 Reduce heat to medium-low and simmer for 8-10 minutes until the potatoes are completely tender when pierced with a fork.**

6 **Add watercress**

Remove thick stems from 3 bunches of watercress and add the leaves and tender stems to the pot. Stir until the watercress is completely wilted, about 2 minutes.

7 **Blend the soup**

Using an immersion blender, puree the soup directly in the pot until completely smooth and creamy, about 2-3 minutes of blending.

8 **Season and serve**

Season with salt and pepper to taste. Serve immediately while hot, garnished with a drizzle of olive oil or croutons if desired.

Tips

Choose watercress with bright, crisp leaves and avoid any bunches with yellowing or wilted stems for the best flavor and nutritional value.

Wash watercress thoroughly in cold water, as it can harbor grit and sand from growing conditions. Soak in a bowl of water and lift out rather than draining to leave debris behind.

Don't overcook the watercress - add it at the end of cooking and blend immediately to preserve its vibrant color and fresh, peppery taste.

For a silkier texture, strain the soup through a fine-mesh sieve after blending to remove any fibrous bits from the watercress stems.

Taste and adjust seasoning after blending, as watercress has a naturally peppery flavor that may reduce the need for additional black pepper.

Serve immediately after preparation when possible, as the bright green color will gradually fade over time, though the flavor remains excellent.

If the soup is too thick after blending, gradually add warm vegetable broth rather than water to maintain the rich flavor profile.