



Broccoli and Pine-Nut Soup

Ingredients

1 onion, diced
1tbs oil
3 cups broccoli
3 cups chicken or vegetable stock
¼ cup pine-nuts

Instructions

Fry onion in a large pan with oil on medium heat until slightly browned.

Add broccoli and stock and simmer for 10-15minutes or until broccoli has softened.
Cool slightly.

Place in a food processor or use an electric blender to form a smooth texture.

Heat to serve.



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