



Broccoli and Pine-Nut Soup

Ingredients

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

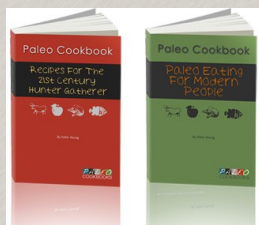
Instructions

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.



The Paleo Cookbooks provide you with a range of dishes for every occasion - from light no-fuss meals through to dinner parties, family celebrations and summer salads. Simple and Easy to Create Recipes with clear step by step instructions you will be able to produce paleo friendly meals that get rave reviews from friends and family every- time!

www.cavemandiet.org/cookbooks