**The Fantastic L Cooks**

## Broccoli and White Bean Soup

**Season:** Autumn/Winter  
**Type:** Soup  
**Difficulty:** Medium  
**Serves:** 6 or 15 tastes  
**Recipe source:** www.wholeliving

### Equipment:
- Knives  
- Chopping boards  
- Cup measures  
- Saucepan  
- Wooden spoon  
- Stick blender  
- Non-stick Frypan

### Ingredients:

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<tbody>
<tr>
<td><strong>500 grams</strong></td>
<td>broccoli cut into florets, stems thinly sliced</td>
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<tr>
<td><strong>2 tablespoons</strong></td>
<td>extra-virgin olive oil</td>
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<tr>
<td><strong>1 onion,</strong></td>
<td>diced</td>
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<tr>
<td><strong>2 garlic</strong></td>
<td>cloves, thinly sliced</td>
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<tr>
<td><strong>One can</strong></td>
<td>cannellini beans, drained</td>
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<tr>
<td><strong>2 1/2 cups</strong></td>
<td>vegetable stock</td>
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<tr>
<td><strong>salt</strong></td>
<td>and freshly ground black pepper</td>
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<tr>
<td><strong>1 tablespoon</strong></td>
<td>pine nuts, toasted</td>
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<tr>
<td><strong>Shaved</strong></td>
<td>Parmesan, for serving</td>
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### What to do:

- Prepare vegetables as stated above  
- Lightly sauté onion and garlic in olive oil till soft  
- Add broccoli  
- Add beans and stock  
- Simmer until broccoli is soft but not mushy  
- Toast pine nuts by dry frying them in non-stick frypan and set aside  
- Allow soup to cool slightly and using a stick blender puree until smooth  
- Season with salt and pepper  
- Serve hot, sprinkled with pine nuts and parmesan

**Note:** You can steam some extra broccoli florets for serving to add some texture if you wish.