

FRENCH ONION SOUP

I cry every time I make this (from the onions), but it is so worth it!

SERVINGS	SERVING SIZE	TIME TO MAKE
4	1 Bowl	45+ MINUTES

INGREDIENTS

- 4 Tablespoons Butter, Salted
- 7-8 Onions, sliced
- 1 Whole Garlic Bulb, minced
- 1/2 Bottle White Wine, Riesling, Chardonnay
- 2 Cups Broth
- 2 Cans Beef Consommé
- 2 Bay Leaves
- 1 Tablespoon Parsley, dried
- 2 teaspoons Thyme, dried
- 1 Tablespoon Worcestershire Sauce
- Dash of Salt (as needed)
- 1/2 teaspoon Black Pepper
- 1 Tablespoon Each of Thyme, Rosemary, Parsley, dried
- 1 Bay Leaf

Garnishes Ideas

- Baguette Bread Slice
- Gruyere Cheese

DIRECTIONS

1. I love using my Cuisinart food processor to slice all my onions, but I still cry from all the defense gasses from cutting the onions...at any rate, it's worth it! So grab your tissue box and let's get slicing!
2. In a large stockpot on medium heat, melt the butter and sauté the garlic and onions allowing them to release their beautiful volatile oils (and defense gases) until soften, a little longer due to the large quantity, 5-8 minutes or more. If you like your onions super soft and slightly caramelized, continue cooking and stirring, you may want to add a touch of wine

3. Add the wine, consommé, and broth and let the soup come to a low simmer. Add the spices, herbs, bay leaves, and Worcestershire Sauce, stir and let simmer for ~10 minutes.
4. You can eat as is with fresh herbs for a garnish and side of bread and cheese or get fancy.
5. Preheat oven to low broil. Toast slices of bread.
6. Dish soup in an oven safe individual bowl and place a toasted slice of bread on top, then a slice of gruyere cheese. Place dishes on a baking sheet and place in oven near the top for 3-5 minutes on a low to high broil, watching the entire time so it doesn't burn.
7. When cheese is melted and browned, remove from oven. Top with fresh thyme and parsley.
8. Enjoy!

*Do not eat the bay leaves, remove when done cooking dish.

Nutritional Information per serving*: 418 Calories, 19 g Fat, 11 g Saturated Fat, 54 mg Cholesterol, 1586 mg Sodium, 32 g Carbohydrate, 2 g Fiber, 4 g Sugar, 20 g Protein, 29% Vitamin A, 8% Vitamin C, 28% Calcium, 123% Iron

*Include cheese + bread, if using low sodium options, amount will change to less Sodium

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