

FRENCH ONION SOUP

Ingredients:

- 2 medium onions, thinly sliced
- 3 Tbsp olive oil
- 4 garlic cloves, minced
- 1 tsp sugar
- 2 tsp chopped fresh thyme (or ~ ¾ tsp dried)
- 2 Tbsp all-purpose flour
- 8 cups vegetable stock
- ½ cup parmesan cheese, grated

Instructions:

- Add olive oil to a large pan. Heat over medium heat.
- Add the sliced onions and cook until brown. Make sure to stir occasionally to prevent burning.
- Add the garlic, sugar and thyme to the onion mix. Simmer for 30 minutes, continuing to stir occasionally.
- Add the flour and mix. Cook for 1-2 minutes.
- Add the stock, and bring to a boil. If any foam appears on the surface, skim it off.
- Lower heat to simmer. Cook for another 45 minutes.
- Ladle the soup into 6 serving bowls.
- Garnish with cheese while hot.

Serves 6

Tip: instead of using oil or butter to sauté onions, simmer them in ¼ cup water or broth. Remember to use fats and oils, such as butter and margarine, in moderation (2-3 Tbsp per day).



Good to know

1 part *fresh* herb = 3 parts *dry* herb. For example, if a recipe calls for 1 teaspoon of dry basil, you can use 1 Tablespoon of fresh basil instead [since 1 Tbsp (15 ml) equals to 3 tsp (5 ml)].