

What's Cooking? Recipe

French Onion Soup

Recipe by Chef Craig Ford, "Cooking In Season" Cookbook by Baylor Scott & White Health

Makes 8 servings

Ingredients

- 4 onions, chopped
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 teaspoon ground black pepper
- 1 teaspoon white sugar
- 3 (10.5 ounce) cans of beef broth
- 1¼ cups water
- ½ teaspoon dried parsley
- ¼ teaspoon dried thyme
- 1 French baguette, cut into ½ inch slices
- 8 ounces shredded part-skim mozzarella cheese

Preparation

- 1) In a large pot over medium heat, sauté the onions in butter for 10 minutes, or until onions are tender. Stir in the flour, ground black pepper, and the sugar to form a pasty mixture.
- 2) Now add the beef broth, water, parsley, and thyme and simmer for 20 minutes.
- 3) Preheat oven to broil.
- 4) Fill individual oven safe bowls ¾ full with the soup. Place a slice of bread on top of the soup and cover with the cheese. Place bowls in the oven.
- 5) Broil in the oven until the cheese is melted and bubbly.

Nutrition Information per serving: 121 calories, 5 g protein, 10 g carbohydrates, 7 g fat (2 g saturated fat), 1 g fiber, 573 mg sodium, 8 mg cholesterol.

Additional Notes:
