

French Onion Soup

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Yields: 6 servings

Serving size: 8 oz.

Protein per serving: 1.6 g

Calories per serving: 184

Ingredients:

- 622 g Slivered Onions
- 6 TBSP Butter, regular or unsalted
- 3 c Vegetable Broth
- 1/2 c Wine, Red
- 1 1/2 c Water
- 1/4 c Coconut Aminos
- 7/8 fl.oz. Recipe Secrets Onion Mushroom Soup & Dip Mix, dry, 1 packet
- 1 tsp Thyme, fresh, about 2 sprigs
- 1 tsp Bay Leaf, one leaf
- 1 TBSP Chopped Fresh Rosemary



Directions

1. In a large skillet melt the butter over medium heat. Once the butter begins to bubble a little, add the onions. Continue to sauté until the onions are nice and caramelized, about 20 minutes or so. Be sure to stir frequently to avoid burning any of the onions. If the onions seem to be dry, add a little extra butter to prevent sticking.
2. While the onions are cooking, combine all other ingredients into a slow cooker. Once the onions are done cooking, add them to the slow cooker with the broth mix then cover with the lid. Turn on the slow cooker to high and cook for 4 hours. Season with salt and pepper, if desired.
3. To serve, you can top with low protein croutons, then add a slice of nondairy cheese on top and broil to melt cheese. Enjoy!