

Enlightened Three-Onion Soup

Serves 4

- 1** tablespoon unsalted butter
- 2** medium yellow onions, thinly sliced
- 2** small red onions, thinly sliced
- 3** shallots, thinly sliced
- Coarse salt and freshly ground pepper**
- 2** teaspoons fresh thyme leaves, chopped
- 1** teaspoon sugar
- 6** cups vegetable broth (homemade preferred, see recipe)
- 4** slices baguette, ½-inch thick
- 4** tablespoons grated Gruyere cheese

Instructions: Melt butter with 2 tablespoons water in a large, heavy-bottomed pot over low heat. Add onions and shallots, season with salt and pepper, and cover. Cook over medium heat, stirring occasionally, until onions are softened but not colored, about 15 minutes.

Add thyme leaves and sugar, and continue to cook, uncovered and stirring often, until onions are golden brown, about 10 minutes more.

Add 1 cup broth to pan, and stir, scraping up any browned bits on the bottom. Add remaining 5 cups broth, and bring to a simmer. Gently simmer (very small bubbles) over low heat, partially covered, until soup is rich brown in color and onions are very tender, about 45 minutes. (If the broth is homemade, add about 1 to 2 teaspoons of salt when you add the broth. Once done, or if the broth is canned, season to taste at the end to avoid oversalting.)

Just before serving, top each baguette slice with 1 tablespoon cheese. Toast in a toaster oven or regular oven just until cheese melts. Place 1 slice on bottom of each bowl. Divide soup among bowls. Serve immediately.

Per serving: 159 calories, 5 g protein, 23 g carbohydrate, 5 g fat (3 g saturated), 15 mg cholesterol, 944 mg sodium, 2 g fiber.