

French Onion Soup

Serving Size: 1 cup

Serves: 6

Ingredients

3 tablespoons extra virgin olive oil
2 large sweet onions, sliced
2 cups white wine
1 clove fresh garlic, minced
½ teaspoon coarse ground black pepper
6 cups low sodium beef broth
1 teaspoon Worcestershire sauce
2 tablespoons thyme, minced
2 tablespoons basil, minced
6 thin slices French baguette bread, toasted
6 ounces shredded low fat mozzarella cheese

Directions

Heat the oil in a large saucepan over medium heat. Add the onions and sauté until brown. Stir in the wine, garlic and pepper. Reduce by a third. Add the beef broth, Worcestershire sauce and herbs; heat to a boil. Remove from heat. Ladle the soup into bowls. Float a slice of toasted bread in each bowl. Top with shredded cheese.

Exchanges per serving:

1 MF Meat, 1 Starch, 2 Vegetables, 2 Fat

Nutrients per serving:

Calories: 318
Calories from fat: 127
Total Fat: 14g
Saturated Fat: 5g
Cholesterol: 15mg
Sodium: 439mg
Carbohydrate: 28g
Dietary Fiber: 2g
Protein: 16g

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