

French Onion Soup

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Ingredients:

2 cups onions, sliced thinly
3 tbsp butter
1 tsp sea salt
Dash of pepper and paprika
4 cups soup stock
Grated cheese

Preparation:

1. Slice onions thinly, simmer in water til tender, water will evaporate.
2. Add butter, sea salt, and sauté til tender and brown.
3. Add seasonings, stir and cook over medium heat for 5 minutes.
4. Add soup stock. Simmer 1/2 hour.
5. Pour into oven proof bowls. Top with grated cheese - either mozzarella or a mix of grated cheeses. Use 1/4 to 1/2 cup per soup bowl.
6. Cook in preheated oven (450F) til cheese melts and runs. Serve hot.

Serves: 4