

French Onion Soup

Makes: Servings 6

Ingredients

4 medium onions
100ml Worcestershire Sauce
1 clove of garlic
1.5Ltr chicken stock (or Beef/Vegetable Stock)
1tsp dried thyme
1Tbsp olive oil.



Instructions

Cut onions in half and slice into thin semi circles. Heat the oil in a large pan and gently cook the onions for 10-15 minutes, stir occasionally and allow the onions to caramelise.

Crush the garlic clove and add to the cooked onions stir and continue to cook for 1 minute.

Add thyme and chicken stock to the pan and bring to the boil, reduce the heat and simmer for 20 mins with lid on the pan.

The soup can be served like this but to improve the flavour blend half the soup with a hand blender and combine back together.

Serve in bowls.

Nutrition information:

Each Serving:

Kcal	62
Fat	1.2g
Net Carbs	8g
Protein	1.4g