

Hearty Onion Soup

4 servings

Ingredients

- ¼ cup olive oil
- 3 onions, shredded
- 2 cloves of garlic, minced
- 3 ½ cups vegetable stock
- 2 teaspoons brown sugar
- 1 tablespoon mixed dried herbs - coriander, parsley, dill
- 2 'good sized' potatoes, cubed
- 1 carrot, sliced
- Salt and pepper
- ¼ cup parmesan cheese (optional)

Instructions

1. Heat oil over medium heat in a frying pan or wok.
2. Add shredded onion to the pan.
3. Sautee onions until soft and golden brown, then add the garlic to the pan. Set aside.
4. Add the vegetable stock, brown sugar, and herbs to a large soup pan and bring to a boil. Once boiling, add the onion and garlic mixture. Stir to combine.
5. Add cubed potatoes and sliced carrots to the pan.
6. Simmer on low heat for an hour or until vegetables are tender.
7. Optional: Use a hand-held blender or place the soup in a standalone blender and blend until thick, then simmer for 10 more minutes.
8. Top with parmesan cheese, if desired, and serve.

Nutrition Facts:

Calories: 250, Total Fat: 12g, Sodium: 400mg, Total Carbohydrate: 31g, Dietary Fiber: 4g, Protein: 5g