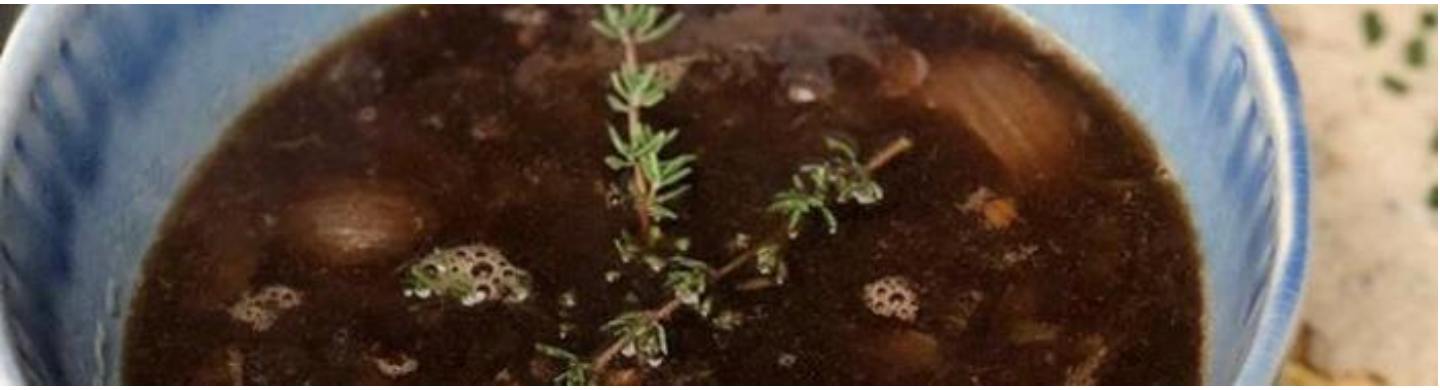


FRENCH ONION SOUP



QUICK



15 mins prep

HEALTHY

Onions are a good source of vitamin B6 which helps turn food into fuel, giving you energy

FAMILY



Feeds 5 with spare...

MEALS

This big bowl of soup is warm and filling – serve as a starter or with a protein

INGREDIENTS

- 1kg onions – larger ones will be easier
- 1 tbs oil
- 2-3 cloves garlic
- 1.5 - 2 beef stock cubes (can be beef flavour so vegetarian)
- 1500 ml water
- 150 ml red wine
- Salt and Pepper
- 3 sprigs fresh thyme plus 2 extra for serving

METHOD

- 1) Heat 1 tbs oil in a large saucepan – turn heat down to low
- 2) Slice the onions and add to the saucepan as you go along
- 3) Mince the garlic and add
- 4) Stir – add the thyme and cook for 15 mins, **stirring often** to allow the onions to caramelise. You may need to adjust the temperature
- 5) Add stock and wine - cover and bring to the boil
- 6) Simmer for 10 minutes
- 7) Remove the thyme sprigs
- 8) Taste - Add salt and pepper
- 9) Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com