

French Onion Soup

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

This soup makes 4 very rich servings.

PER SERVING:

262 Calories

16.4g Carbs

1 Fiber Grams

15.4 Net Carbs

18.7g Fat

8g Protein

(62.8% Fats, 19.7% Carbs, 11.5% Protein, 6% Alcohol)

INGREDIENTS:

1/4-cup butter

2 tbsp olive oil

2 large Spanish onions thinly sliced – I use a mandoline food slicer because I'm dangerous around knives! :o)

1 tbsp erythritol

6 cups beef stock

1/4-cup Madeira, which is a fortified wine and tastes way better than sherry.

1 cup of shredded Gruyère or Swiss cheese – I prefer the Gruyère for this soup – and for Pete's sake don't ruin it with mozzarella. I love mozz but not on French onion soup. It's just wrong.

Step-by-Step:

In a large saucepan, heat the butter and the olive oil over medium heat. Add the onion slices, sprinkling with the sugar substitute. Stir to mix.

For 30 minutes over medium heat, cook the onions until they're really soft.

At this point keep an eye on the onions and stir from time to time until they turn a golden color.

See image below.

They will have reduced in volume considerably. The whole house and you will smell of cooking onions. Yum!!

Now add the stock, bring to a boil, reduce the heat and simmer uncovered for another 30 minutes.

Then you add the Madeira. I don't feel a need for salt and pepper at all in this recipe.

Ladle the soup into 4 individual ovenproof bowls and sprinkle with cheese, 1/4-cup each.

Place the bowls about 3-inches from the broiler and watch as the cheese melts and turns golden brown. Ta da!!

I hope you enjoy this French onion soup recipe. I promise you won't miss the bread!

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