

CARAMELIZED ONION SOUP (SERVES 8)

INGREDIENTS:

6 large onions (about 3 ½ to 4 pounds total)
4 garlic cloves
2 tablespoons extra virgin olive oil
Optional: 1 tablespoon butter
6 cups chicken or vegetable broth (preferably low-sodium)
Salt and pepper

TIPS:

- This recipe takes a little while to make, but it's worth it to get those sweet, caramelized onions.
- Makes 8 1-cup servings, which make good appetizer portions.
- Freezes well. To freeze, cool the soup, transfer it to plastic containers, and freeze.
- If desired, Caramelized Onion Soup can be sprinkled with grated cheese before serving.

DIRECTIONS:

1. Wash and trim onions. Cut onions in half and peel them. Cut onions into thin slices.
2. Crush and peel the garlic, removing any green shoots. Coarsely chop the garlic.
3. Heat a soup pot or large saucepan over medium-high heat for a couple minutes. Add olive oil. Add onions and stir for about 30 seconds. Cover the pot for 10 minutes. (This will help the onions to soften, which will make them easier for you to stir.) Remove lid and continue cooking the onions, stirring them occasionally, for about 30 minutes. You want the onions to begin to caramelize. About halfway through cooking, add butter and garlic and stir. The extra fat will help the onions to brown.
4. When onions are light brown and very tender, add broth to the pot. Bring to a boil, lower to a simmer, and cook for 10 minutes.
5. Season to taste with salt and pepper. Serve with cheese toasts, if desired. (Recipe follows.)