

French Onion Soup

Serves 6

2 Tbsp Olive or Hemp oil
2 Tbsp butter
4-5 large onions, sliced
2 cloves garlic, minced
1 tsp paprika
1 tsp garam masala
½ tsp ground cumin
2 tsp thyme, minced fresh, or dry
¼ cup white wine
8 – 10 cups chicken or vegetable broth
Salt and pepper to taste



Local Ingredients:

Butter
Chicken
Garlic
Hemp Oil
Onions
Thyme



Heat oil and butter in a large saucepan or Dutch oven. Add the sliced onions and sauté until caramelized and light brown in colour, about 20 minutes. Add more butter or oil if required to keep onions from sticking to the pan. Add the garlic, paprika, garam masala and wine and stir and cook for a couple minutes. Add the broth and salt and pepper and cook for another 20 minutes or so. Taste and adjust the seasonings, adding more salt, pepper, paprika, cumin, garam masala, thyme or wine.

The type of onion used can be either the large sweet Spanish-type, or white cooking onions or red onions or a combination of any types.

Serve topped with croutons or toasted bread, and melted cheese if desired.

Adapted from The Food Combining for Health Cookbook