

Slow Cooker Onion Soup

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Yield: 6 servings

For the caramelized onions

5 cups sliced yellow onions, (about 4 large onions)

2 shallots, peeled and sliced

1 clove garlic, minced

1 tablespoon olive oil

Salt and ground black pepper

For the soup

1 teaspoon all-purpose flour

¼ cup dry sherry

1 teaspoon dry thyme

Small sprig fresh rosemary

1 teaspoon Worcestershire sauce

2 cups low-sodium chicken broth

2 cups low-sodium beef broth

1 cup water

1 tablespoon lemon juice

6 thin slices baguette, toasted until golden and quite dry

½ cup grated Gruyere cheese

1. Coat a 4-quart or larger slow cooker with cooking spray. Add the onions, shallots, garlic and oil. Toss well, then season with a bit of salt and pepper. Cover and cook on low until the onions are richly colored and sweet, 8 to 10 hours. (The onions at this point can be removed and used for other recipes if not making the soup.)

2. Once the onions are ready, sprinkle them with the flour and stir until well-combined. Add the sherry, thyme, rosemary, Worcestershire sauce, both broths and the water, then cover and cook for 4 more hours on low or 2 hours on high. Once soup is done, stir in the lemon juice and adjust the seasoning.

3. When ready to eat, set the broiler on high. Ladle the soup into broiler-safe serving crocks. Top each crock with a thin slice of the toasted baguette and a heaping tablespoon of Gruyere. Place the filled crocks on a rimmed baking sheet and broil just until cheese is golden, 1 to 2 minutes. Do not leave the crocks unattended as they will burn quickly.

Per serving: 240 calories; 6g fat; 15mg cholesterol; 34g carbohydrate; 3g fiber; 8g sugar; 10g protein; 570mg sodium.