

Sweet Onion Soup

From the Publix Health Seattle & King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/OnionSoup.aspx>

Ingredients

- Low fat cooking spray
- 1-1/2 pounds sweet onion such as Walla Walla or Vidalia, thinly sliced
- 2 cloves garlic, minced
- 1 teaspoon sugar
- 1/3 cup all-purpose flour
- 5 cups low-sodium vegetable broth
- 1 cup dry white wine
- 1-1/2 teaspoons dried sage
- 1 bay leaf
- 1 tablespoon nonfat sour cream (optional)
- Chives, chopped (optional)

Instructions

1. Spray a large saucepan with low fat cooking spray and heat over medium heat. Add onions and garlic and cook, covered, for about 10 minutes.
2. Reduce heat to medium-low then stir in sugar. Cook for about 15 minutes or until onions start to caramelize. Stir in the flour and continue to cook for 2 minutes.
3. Add the broth, wine, sage and bay leaf. Heat to boiling then reduce heat to medium-low and simmer, covered, for 30 minutes.
4. Serve in bowls with 1 tablespoon of nonfat sour cream and a sprinkling of chives.

Makes 8 servings

Serving Size: 1/8 of recipe

Nutrition information per serving

Calories: 100	Calories from fat: 10
Total Fat: 1 g	Sodium: 52 mg
Saturated Fat: 0 g	Protein: 5 g
Cholesterol: 0 mg	Carbohydrates: 13 g
Sugars: 1 g	Dietary Fiber: 2 g



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