

French Onion Soup



prep time
10 minutes



total time
6 hours,
10 minutes



servings
4

Ingredients

- 2 tbsp avocado or olive oil
~2 servings of fat
- 5 large yellow onions sliced
~10 servings of veggies
- 1/4 tsp salt
- 1 tbsp balsamic vinegar
- 1 tsp fresh thyme
- 1 cup apple juice ~ 2 servings of carb
- 4 cup beef or veggie broth

Instructions

- 1 Turn the slow cooker on to sear/sauté and add in the oil. Add in the onions, sprinkle with salt and leave to cook for approximately 30 minutes until the onions have turned golden in color and begun to caramelize.
- 2 Once the onions are soft and caramelized, add in all of the remaining ingredients, turn the slow cooker to high heat and cook for 4-6 hours.
- 3 Sprinkle the soup with fresh thyme before serving.



If you are using an Instant Pot, cook time may be 25-35 minutes, however you will need to experiment with it.

Whole Recipe Breakdown:

- 0 servings protein
- 2 servings carb
- 2 servings fat
- 10 servings veggies