

Beefy French Onion Soup made with Minor's® Beef Base



A savory beef broth infused with caramelized onions.

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| Yield | 3 qts + 1 cup (13 cups) |
| Serves | 10 |
| Preparation time | 10 minutes |
| Cooking time | 40 minutes |

Recipe details

| Qty | Unit | Alt Qty | Alt Unit | Ingredient | Preparation |
|-----|------|---------|------------|--|----------------------------|
| 2 | oz | | 1/4 cup | Butter, unsalted | |
| 32 | oz | | 2-1/2 qts | Onions | sliced thin or small diced |
| 3 | ea | | | Thyme, fresh | sprig |
| 2 | ea | | | Garlic | peeled, whole |
| 64 | oz | | 2 qts | Water | hot |
| 2.5 | oz | | 2-1/2 tbsp | <u>MINOR'S® Beef Base (No Added MSG) 6x1 lb.</u> | |
| 10 | oz | | 20 slices | French bread | sliced thin, toasted |
| 20 | oz | | 5 cups | Gruyere cheese, mild | shredded |

Preparation Steps

1. In a heavy bottom pan, melt butter. Add onions, thyme and garlic. Sauté, stirring frequently, until they turn a rich brown color, approximately 25 minutes. DO NOT BURN ONIONS. Once onions are brown, remove thyme stems and whole garlic cloves.
2. Add water and Beef Base to onions. Heat to boiling; stirring frequently. Reduce heat and gently simmer for 5 minutes. Seasoning to taste.
3. For service: Portion 6-1/2 oz. soup into heavy bowl. Place 2 slices of toasted french bread on top of soup (to float like a raft), and then place 2 oz of cheese on top of bread. Place bowl of soup under a broiler until cheese is melted. Serve hot.

Chef's tip

Garnish with chopped parsley. To enhance the soup flavor, replace 1 cup of water with brandy, dry sherry or sauterne wine.

Nutrition

| Nutritional analysis per serving | |
|----------------------------------|--------|
| Energy (Kcal) | 405.3 |
| Energy (KJ) | 1699.3 |
| Protein (g) | 21.2 |
| Carbohydrate, total (g) | 25.7 |
| Fats, total (g) | 24.4 |
| Fats, saturated (g) | 14.1 |
| Fiber, total dietary (g) | 2.3 |
| Sodium (mg) | 1430.8 |
| Calcium (mg) | 626.5 |
| Cholesterol (mg) | 75.3 |
| Iron (mg) | 1.2 |
| Vitamin A (µg_RAE) | 194.4 |
| Vitamin C (mg) | 7.3 |

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

