

## **French Onion Soup**

Serving Size: 1 cup

Serves: 6

### **Ingredients**

3 tablespoons extra virgin olive oil  
2 large sweet onions, sliced  
2 cups white wine  
1 clove fresh garlic, minced  
½ teaspoon coarse ground black pepper  
6 cups low sodium beef broth  
1 teaspoon Worcestershire sauce  
2 tablespoons thyme, minced  
2 tablespoons basil, minced  
6 thin slices French baguette bread, toasted  
6 ounces shredded low fat mozzarella cheese

### **Directions**

Heat the oil in a large saucepan over medium heat. Add the onions and sauté until brown. Stir in the wine, garlic and pepper. Reduce by a third. Add the beef broth, Worcestershire sauce and herbs; heat to a boil. Remove from heat. Ladle the soup into bowls. Float a slice of toasted bread in each bowl. Top with shredded cheese.

### **Exchanges per serving:**

1 MF Meat, 1 Starch, 2 Vegetables, 2 Fat

### **Nutrients per serving:**

Calories: 318  
Calories from fat: 127  
Total Fat: 14g  
Saturated Fat: 5g  
Cholesterol: 15mg  
Sodium: 439mg  
Carbohydrate: 28g  
Dietary Fiber: 2g  
Protein: 16g

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