

## Onion Soup

2 tbs butter  
4 large yellow onions, thinly sliced  
1 tsp salt  
1/4 tsp dry mustard  
a dash or two of thyme  
4 cups of water  
2 tbs soy sauce  
2 - 3 tbs dry white wine (optional)  
a few dashes of white pepper  
Toppings: Croutons, sliced swiss cheese



### Nutritional Facts:

Calories = 89

Fat= 1.2g Sat. Fat = 0.5g

Protein = 2g Carbs = 15g

Fiber = 3g

### *Instructions:*

1. Melt the butter in a kettle or Dutch oven. Add onions and salt, and cook over medium heat about 10 minutes, stirring occasionally.
- 2.. Add mustard and thyme; stir and cover. Continue to cook very slowly for about 35 minutes. The onions will be exquisitely soft and simmering in their own liquid.
3. Add water, soy sauce, optional wine, and white pepper. Simmer at least 10 minutes more. Taste to adjust seasonings. Serve topped with croutons and swiss cheese. If serving in oven proof bowls, put them under the broiler briefly, to brown the cheese.

#### **Home made Croutons:**

Saute' cubed bread in garlic butter for about 10 minutes, then transfer to a tray and toast in a 300°F oven until crisp.

**Makes 6 servings**

**Source: Moosewood Cookbook**