

French Onion Soup

Ingredients

- 2 Tablespoons** extra virgin olive oil
- 3** large white or yellow onions, sliced into thin half-moons
- 3 (about 1 Tablespoon)** fresh thyme springs, leaves stripped (or 1/2 teaspoon dried)
- 2 Tablespoons** good quality aged balsamic vinegar
- 4 cups** unsalted vegetable stock
- 2 cups** water
- 1** bay leaf
- 2-3 teaspoons** sea salt
- 1/2 teaspoon** freshly ground black pepper

Method

1. Heat 1 tablespoon olive oil over medium heat in a large soup pot or Dutch oven. Add the onions, thyme, 1 teaspoon salt and drizzle 1 tablespoon olive oil over the onions. Lower the heat to medium low. The onions may fill the pot completely but will cook down to about 1/3 of their mass. Cook uncovered, stirring occasionally, until the onions caramelize and turn light golden brown, about 50-60 minutes.
2. Add the balsamic vinegar and cook until it's absorbed and the onions are a deeper brown, about 15 more minutes.
3. Add the stock, water, bay leaf, 1 teaspoon salt, pepper, then bring to a boil. Turn the heat to low and simmer at least 30 minutes. Taste and adjust for saltiness, adding more if needed. Remove the bay leaf

before serving.

Notes



This soup freezes extremely well in an airtight glass container. What better medicine could you have on hand during cold and flu season?

1/4 cup good quality, bold red wine (burgundy or cabernet sauvignon) is a good substitute for the balsamic vinegar.

Source: <https://www.elizabethrider.com/easy-vegan-french-onion-soup-recipe/> (6 servings)
