

French Onion Soup

SUE MOORE, *Claims Department*

Ingredients:

- 4 large yellow onions
- 2 Tbsp butter
- 1 Tbsp flour
- 6 cups simmering beef broth
- Salt and pepper to taste
- 6 slices French bread
- $\frac{3}{4}$ cups Swiss cheese, grated
- $\frac{1}{4}$ cup parmesan cheese, grated

Peel onions and slice thinly. Separate slices into rings. Sautee onions in hot butter in a skillet until softened and lightly stir in flour. Add onions to hot broth. Cover saucepan and simmer for 25 minutes. Add salt and pepper to taste. Pour soup into individual oven proof soup dishes. Place a round slice of bread in each bowl. Sprinkle bread with combined cheeses. Place bowls on cookie sheet and brown under preheated broiler for three minutes, or until cheese is bubbling.



Nutrition Facts

Per Serving

Servings: 6

Calories: 212.3

Sodium: 994.4 mg

Total Fat: 9.9 g

Potassium: 329.4 mg

Saturated: 5.8 g

Total Carbs: 20.3 g

Polyunsaturated: 0.7 g

Dietary Fiber: 2.4 g

Monosaturated: 2.8 g

Sugars: 0 g

Cholesterol: 25.2 mg

Protein: 10.9 g