

French Onion Soup

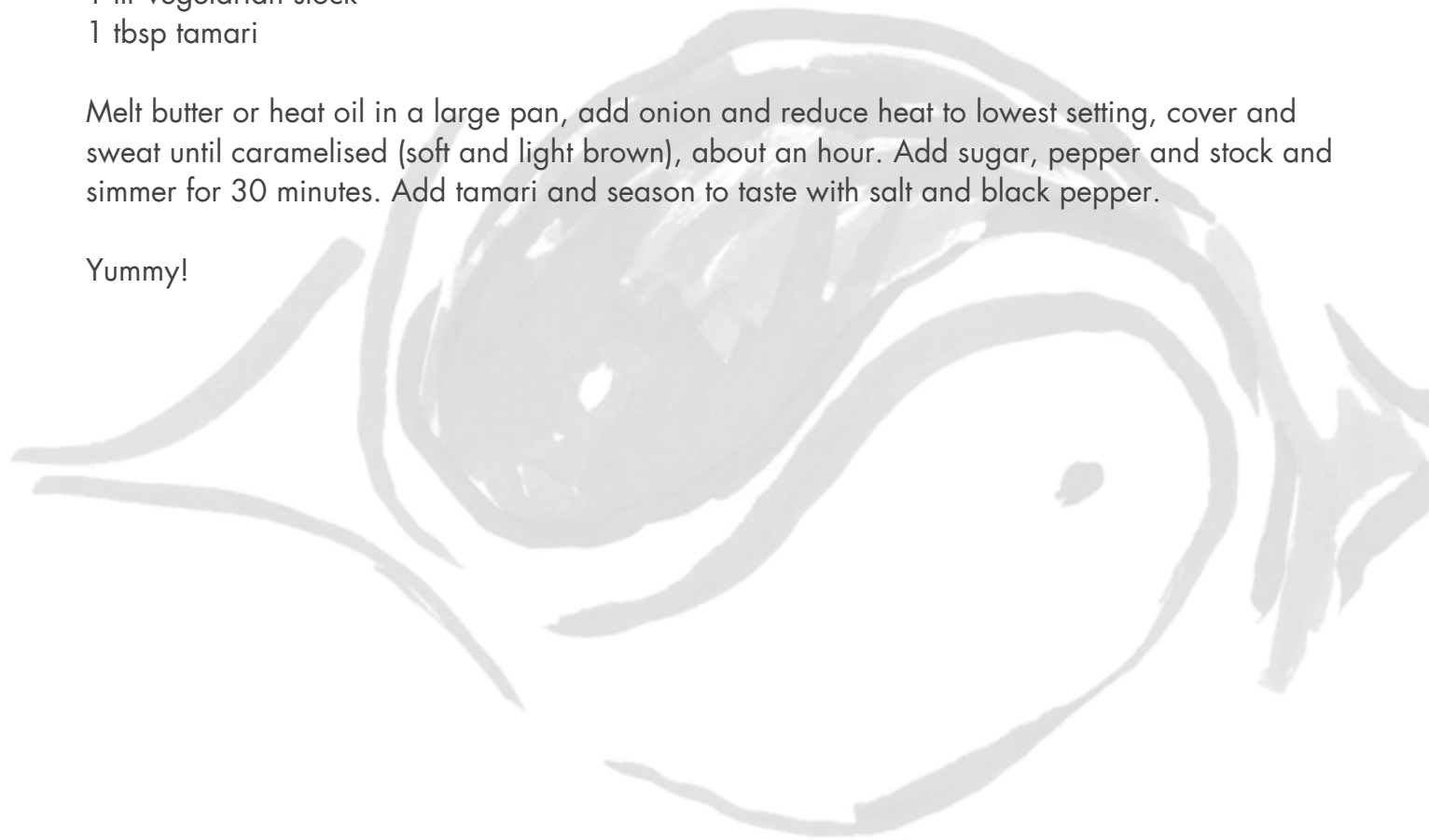
Serves 6

Traditionally this soup is made with beef stock but we think our veggie version is hard to beat! You can serve your soup over a crouton of french bread, topped with melted swiss cheese, soft goat's cheese, go gluten free with a sprinkling of vegetarian parmesan-style cheese or simply as it is for a vegan, low fat option.

2 large onions, very finely sliced (a food processor is a useful tool for this tearful task)
1oz butter or 1 tbsp olive oil
1/8 tsp ground black pepper
1 tsp brown sugar
1 ltr vegetarian stock
1 tbsp tamari

Melt butter or heat oil in a large pan, add onion and reduce heat to lowest setting, cover and sweat until caramelised (soft and light brown), about an hour. Add sugar, pepper and stock and simmer for 30 minutes. Add tamari and season to taste with salt and black pepper.

Yummy!



Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.



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