

## Easy Onion Soup Recipe (makes 6 servings)

2 Tbsp oil  
1 lb yellow onions, peeled and thinly sliced  
1 tsp sugar  
1/4 tsp dried thyme  
1/4 tsp black pepper  
6 cups vegetable or chicken broth, low sodium

Heat the oil in a soup pot or Dutch oven over medium heat. (Caution: High heat may make the onions slightly bitter, but long, slow cooking brings out their sweetness.) Add the onions and sugar and sauté, stirring frequently, until the onions are a rich caramel color, about 30 minutes. Stir in thyme and pepper and sauté one minute more. Add broth and simmer at least 15 minutes. Serve hot.

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Soup Nutrition per 1 cup serving: 91 calories; 6 g protein; 7 g carbohydrates; 4.5 g total fat; 0.5 g saturated fat; 0 g cholesterol; 1.5 g fiber; 162 mg sodium

Meal Suggestion: This light soup needs crusty whole grain bread with any natural, specialty cheese and fresh apple slices to make it a family meal.