

Caramelized French Onion Soup



Ingredients:

2 slices light bread
2 tsp. light whipped butter or light buttery spread (like Brummel & Brown)
2 cups thinly sliced sweet onion
1/4 tsp. salt
1/8 tsp. cayenne pepper
1 tsp. chopped garlic
4 cups reduced-sodium beef broth
1/4 tsp. ground thyme
4 slices reduced-fat provolone cheese (like the kind by Sargento)

Directions:

Lightly toast bread. Cut each slice into 4 squares.

Bring a large pot sprayed with nonstick spray to medium-high heat. Add butter, and let it coat the bottom of the pot. Add onion, salt, and cayenne pepper. Cook and stir until slightly softened, about 3 minutes.

Reduce heat to medium low. Stirring frequently to ensure onion doesn't burn, cook for 10 minutes.

Add garlic and continue to cook, stirring frequently, until onion has browned and caramelized, 5 - 10 minutes.

Carefully add broth to the pot, and raise heat to medium high. Add thyme, and cook and stir until hot, about 5 minutes.

Once ready to serve, evenly distribute onion-broth mixture into four microwave-safe bowls, about 1 cup each.

Top each with two squares of toasted bread, followed by a cheese slice. Microwave until cheese is hot and begins to bubble, about 2 minutes. Enjoy!

Nutrition Facts

Makes 4 servings

Amount per serving: 1 cup

Calories	128
Total Carbs	12.5 g
Dietary Fiber	2 g
Sugars	4 g
Total Fat	5.5 g
Protein	11 g
Sodium	799 mg