

Uploaded to the VFC Website



This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

If Veterans don't help Veterans, who will?

Note

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Roasted Onion Soup

- 1/4 Cup fresh Parmesan cheese, grated
- 3 Spanish onions, cut in half lengthwise and thinly sliced
- 1/4 Cup brandy
- 1 Tbsp fresh thyme, chopped
- 1/4 Tsp freshly ground black pepper
- 1 Garlic head, large, cloves separated, peeled and cut in half
- 4 Cups low-sodium chicken broth
- 2 Tsp extra-virgin olive oil
- 1/4 Tsp salt, or to taste
- 3 Large shallots, cut in half lengthwise and thinly sliced
 - 1) Set oven rack at the lowest level; preheat to 450 degrees.
 - 2) Combine onions, shallots, garlic and oil in a large shallow roasting pan.
 - 3) Roast for 20 to 25 minutes, stirring every 5 minutes, or until the onions are golden.
 - 4) Remove from oven and pour in one-fourth of the chicken stock.
 - 5) Stir liquid in the pan, scraping the bottom to loosen and dissolve any caramelized bits. (The liquid will become quite dark.)
 - Transfer the onion mixture to a soup pot and add brandy, thyme and the remaining chicken stock.
 - 7) Bring to a boil; reduce heat to low and simmer, covered, for 30 minutes.
 - 8) Season with salt and pepper and top with Parmesan cheese.

Makes 4 Servings