



French Onion Soup

12 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 Tablespoon olive oil
- 4 large yellow onions, thinly sliced
- 4 cloves garlic, minced
- ½ teaspoon dried thyme
- 1 teaspoon freshly ground black pepper
- 6 cups low-sodium beef broth
- 1 (15 ounce) can chickpeas, drained and rinsed
- ¼ cup green onions, thinly sliced
- 6 slices whole wheat bread
- 1 cup 2% Swiss cheese, shredded

DIRECTIONS

1. Heat oil in a large saucepan over medium-high heat. Add onions, stir to coat, and cover. Reduce heat to medium, and cook, stirring often until onions are softened and starting to brown, 6-8 minutes. Add garlic and thyme and cook, uncovered, stirring often, until starting to soften, 3-4 minutes.
2. Add pepper, increase heat to medium-high, and bring to a simmer. Cook, stirring often, until most of the liquid has evaporated 1-2 minutes. Stir in broth and chickpeas and bring to a boil. Reduce heat to a simmer and cook until the vegetables are tender, about 3 minutes. Remove from the heat and stir in green onions.
3. Meanwhile, toast bread, divide it among 12 bowls, and top with cheese. Ladle the soup over the bread and cheese and serve immediately.

Nutrition Facts	
12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 410mg	18%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 127mg	10%
Iron 1mg	6%
Potassium 145mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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