



French Onion Soup

INGREDIENTS:

2	Onions, sliced
5 cups	Water
1 Tbsp	Low sodium tamari soy sauce
1	Bay leaf
2 tsp	Fresh thyme, chopped fine
2 tsp	Fresh parsley
To taste	Cracked black pepper

PREPARATION:

- Slice onions and sauté in soup pot over very low flame for one hour or more until very dark brown; stirring often.
- Add water and bring to a simmer.
- Add bay leaf and simmer 30 minutes.
- Add tamari, thyme, parsley and pepper.
- Remove bay leaf.
- Serve with 1 tsp. grated parmesan and fresh croutons on top.

Number of servings:	6
Serving Size:	1 cup servings
Calories:	12
Fat Grams:	trace

