

## FRENCH ONION SOUP

Serves 8

Per serving: 95 calories, 1.2g fat  
(excluding accompaniments)

Prep time: 10 mins

Cook time: 15 mins

Suitable for freezing

## INGREDIENTS

675g large onions, peeled and sliced  
1.2 litres vegetable stock (or use a vegetable stock pot)

2 garlic cloves, crushed

1 tablespoon chopped fresh thyme

2 tablespoons plain flour

freshly ground black pepper

2 tablespoons chopped fresh parsley

## METHOD

1. Place the onions in a large pan with a little vegetable stock and sweat the onions until soft.
2. Add the garlic and thyme. Sprinkle the flour over and mix well. Season with black pepper, and cook for a moment or two to 'cook out' the flour, stirring continuously.
3. Gradually add the remaining stock, stirring well, and bring to the boil and simmer for 10 minutes.
4. Just before serving, sprinkle with the parsley and serve with toasted wholegrain bread.

