



## Traditional French Onion Soup

**Prep: 10 minutes**

**Cook/Bake: 1 hour 10 minutes Serves: 6**

- 2 large yellow onions, each cut in half and thinly sliced
- 1 large red onion, cut in half and thinly sliced
- 4 tablespoons olive oil
- 4 tablespoons unsalted butter
- 1 bay leaf
- 1 tablespoon granulated sugar
- ¼ teaspoon dried thyme
- 3 cans (14.5 ounces each) beef broth
- ¼ cup cognac or brandy
- ½ teaspoon ground black pepper
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ½ French baguette, cut into twelve ½-inch-thick slices
- 6 slices Swiss cheese
- 6 teaspoons grated Parmesan cheese

**1.** Preheat large saucepot over medium-high heat. Add onions, 3 tablespoons oil and butter; cook 10 minutes or until onions begin to soften, stirring frequently. Reduce heat to medium-low; stir in bay leaf, sugar and thyme. Cook 30 to 35 minutes or until onions turn golden brown, stirring occasionally. Stir in broth, cognac and pepper; heat until mixture begins to simmer. Simmer 20 minutes. Stir in mustard and salt. Discard bay leaf.

**2.** Meanwhile, preheat oven to 400°. Arrange bread slices on rimmed baking pan. Brush top of bread slices with remaining 1 tablespoon oil. Bake bread 10 to 12 minutes or until lightly browned; remove bread to plate.

**3.** Place 6 ovenproof soup crocks or bowls on same baking pan. Ladle soup into bowls. Top each with 2 slices bread, then 1 slice Swiss cheese. Sprinkle cheese with 1 teaspoon Parmesan. Bake 10 to 12 minutes or until cheese melts and begins to bubble and brown.

*Approximate nutritional values per serving: 450 Calories, 25g Fat (11g Saturated), 48mg Cholesterol, 1456mg Sodium, 30g Carbohydrates, 2g Fiber, 21g Protein*

### **Chef Tip**

*You can substitute apple juice for the cognac or brandy.*