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# Make Ahead Onion Rings

*Sue Lain - Indiana*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**4 to 5 large onions**

**12 ounces flat beer (non-alcoholic will work)**

**12 ounces flour**

Slice the onions into rings.

In a bowl, mix the flour and beer to make a batter. (If the beer is not flat, mix with flour and let set for three hours.)

Dip the rings into the batter, then into hot fat and fry until golden brown.

(The rings may be made hours ahead and kept warm and crisp in a warm oven.)

(NOTE: You may use any equal amounts of flour and beer.)

## **Side Dishes**

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*Per Serving (excluding unknown items): 1406 Calories; 4g Fat (2.6% calories from fat); 40g Protein; 298g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 17 Grain(Starch); 6 1/2 Vegetable.*