

Soups & Chili

French Onion Soup

Susan McEwen McIntosh

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5 medium (2 pounds) onions, thinly sliced and separated into rings

6 cups beef broth

2 bay leaves

1/4 teaspoon pepper

1/4 cup brandy

4 slices (1-inch thick) French bread, halved and toasted

2 tablespoons + 2 teaspoons Parmesan cheese, grated

In a Dutch oven, combine the onion, broth, bay leaves and pepper. Bring to a boil. Cover and reduce the heat. Simmer for 35 minutes.

Add the brandy. Simmer, uncovered, for 2 minutes. Discard the bay leaves.

Ladle the soup into bowls. Float one toasted bread half in each serving of soup.

Sprinkle each with one teaspoon of Parmesan cheese.

Yield: 8 cups

Per Serving (excluding unknown items): 5719 Calories; 58g Fat (9.5% calories from fat); 235g Protein; 1011g Carbohydrate; 64g Dietary Fiber; 8mg Cholesterol; 18928mg Sodium. Exchanges: 61 1/2 Grain(Starch); 8 Lean Meat; 8 1/2 Vegetable; 11 Fat.