

Cream of Five Onion Soup

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cooking for your health:

Servings: 10

3 tablespoons unsalted butter, cubed
1/2 cup white Onion, diced
1/4 cup red onion, diced
1/8 cup scallion, diced
1/4 kilogram leeks, chopped fine
10 grams garlic, chopped fine
1 liter low sodium chicken broth
2 whole bay leaf, whole
1 gram marjoram, whole
1/2 cup arrowroot
3/4 cup white wine
1 1/2 cups 2% low-fat milk
1/2 teaspoon kosher salt
1/2 gram white pepper, ground

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Preparation Time: 35 minutes

Cut the leeks, separate the white and green parts, use only the white parts.

Heat up the butter and saute, the white and red onion, scallions, leek and garlic on medium heat for around 5 to 10 mins. (giving a light colour by the end)

Fill up with 1/3 of the stock, or cover the onions by the chicken stock

Add the bay leaf and majoram, simmer until the onions are tender

Remove the bay leaf and blend with a hand blender until you have a fine puree

Add the remaining stock and seasoning, bring to a simmer for about 30 minutes

Add the milk, heat up but do not let boil (only a light simmer)

Adjust the seasoning with S&P

Garnish the soup with fine cut Scallions

Per Serving (excluding unknown items): 118 Calories; 4g Fat (34.8% calories from fat); 6g Protein; 11g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 336mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.