

3 Onion French Onion Soup



Ready in **2 hours 45 minutes**

Serves **8-10 people**

Ingredients

- 2 Large Yellow Onions
- 2 Large Red Onions
- 2 Large Vidalia Onions
- 6 Cloves of Garlic finely chopped +3 cloves (or as many as are left - measure with your ♥)
- 4 Tbsp of Butter
- 4 Tbsp of Avocado Oil (or canola/veggie oil)
- 1/2 Cup of Cabernet Sauvignon (dry red wine)
- 2-3 Bay Leaves (small to medium)
- 1 tsp of Thyme
- 5 sprigs of Rosemary (approx. 1 ½ tsp)
- 8 Cups of Organic Beef Broth
- Sliced/shredded Swiss, provolone, and mozzarella cheese
- A Baguette

Preparation

1. **I hope you brought tissues.** First you want to slice all of your onions. Cut them in half through the root then ¼" slices should do. Using the same cutting board and knife, finely chop the 6 cloves of garlic as well. Set these aside for now.
2. Next, we're going to be caramelizing these bad boys. Get yourself a pot. **Mandy's Note:** A big pot. Like a pot that's big. Chris said **4-6 quarts**, but I don't know what that looks like. Pick a pot larger than what I would probably choose... which is not big.
3. **Low and slow is the way to go.** Our heat is set to medium-low. Add 4 Tbsp of butter & 4 Tbsp of oil. Turn down the heat if the butter sizzles immediately. Add sliced onions to the pot and stir frequently for about 1 to 1 ½ hours. **Optional:** you may sprinkle in 1 tsp of brown sugar to help with the caramelization process. Eventually the onions will become translucent, this is when you add the chopped garlic. Cook onions until golden.
4. **Deglaze, Deglaze, DEGLAZE!** That's right now that the onions are golden brown, they will be sticky, leaving all those goodies at the bottom of the pan. Well don't you worry, go ahead and pour the ½ cup of Cabernet Sauvignon in and scrape up that flavor. Mm-mm! Increase your heat to medium and simmer for 10 minutes.
5. Next add the bay leaves, thyme, rosemary, & all the beef broth. Bring it to a simmer and let the soup finish cooking for about 30 minutes. This allows the flavors of the freshly added herbs to incorporate as everything comes together.

6. About 20 minutes in, I recommend slicing up that baguette and toasting it for 5-10 minutes until it is golden brown and delicious (GBD for short).
7. Use a ladle to portion this soup out into bowls or ramekins that are oven safe. Place your crispy baguette slices atop your soup, then cheese it up! **Mandy's Note:** Mound that cheese – you'll know what feels right – and place them on a tray and into your hot oven until brown and bubbly (like me).

Notes, Tips & Tricks

The time it takes to make a good dish can really be a drag, but here's a tip:

What really takes the longest for this recipe is caramelizing the onions. If you plan on making this dish for guests, family, or any events, you can par-cook the onions ahead of time. When it's soup time, finish sautéing the onions and deglaze THAT pan and you're ready to go!

Additionally, how you cut your onions is not an exact science. So long as they are close in size and not too small, they will sauté just fine!