



FRENCH ONION SOUP

Ingredients:

- 1 pound onions
- 3 tablespoons olive oil
- 2 tablespoons butter
- 2 teaspoons salt
- ½ teaspoon sugar
- 8 cups vegetable stock
- 3 tablespoons flour

Method:

1. Slice the onions
2. Melt butter and oil in a pan – add onions
3. Cover and cook for 15 minutes
4. Add salt, pepper and sugar
5. Allow onions to caramelize
6. Add flour and stir
7. Add the stock and simmer (30 minutes at least)
8. Put soup in bowl
9. Top with bread and grated cheese
10. Grill and Serve



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