

# Onion Soup

Vegan and Gluten Free, from our very own Donna Quinn.

- ¼ Cup Organic Olive Oil
- 6 lbs Bold Onions - Sliced (Local)
- Organic Thyme (Local)
- 3 Bay Leaves
- 750 ml Dry White Wine
- Six Cups Vegetable Stock\*
- Fontina Cheese – Grated (Omit For VEGAN)
- Croutons (Omit For Gluten Free)

In large saucepan, sauté onions in olive oil over low heat until translucent – about 30 minutes; (if gluten acceptable – sprinkle onions with 2-3 tbsp flour and mix) Add wine and water; simmer for 30 minutes; serve with grated cheese and croutons.

\* In a large pot boil 2 carrots, onions, celery, turnips and parsley for an hour or three. You may replace vegetable stock with chicken or beef stock for richer flavor.

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# Shopping List

## Onion Soup

Ingredients	Wieght or Volume	PLU #
Organic Olive Oil	¼ Cup	_____
Bold Onions	6 lbs	_____
Organic Thyme		_____
Bay Leaves	3	_____
Dry White Wine	750 ml	_____
Vegetable Stock	Six Cups	_____
Fontina Cheese – Grated (Omit For VEGAN)		_____
Croutons (Omit For Gluten Free)		_____

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