



French Onion Soup

Ingredients

3 large onions, thinly sliced

2 Tablespoons butter

2 Tablespoons instant beef bouillon (or 6 bouillon cubes), low sodium

4 cups hot water

1 teaspoon Worcestershire sauce

½ teaspoon salt

4 slices toasted French bread

2 Tablespoons grated parmesan cheese

Makes 4 servings

Instructions

1. In large skillet, cook onions in butter until lightly browned.
2. In pot, combine browned onions in butter with bouillon, water, Worcestershire sauce, and salt.
3. Cover and cook on low for 4 to 6 hours.
4. Top each bowl with toasted French bread sprinkled with cheese.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 410	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 760mg	32%
Total Carbohydrate 64g	21%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 18g	
Vitamin A 4%	Vitamin C 10%
Calcium 10%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

22% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

January 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

