

Herbal Legacy Recipes

Onion Soup

Contributed by Fawn Christopher
Serves 6

Ingredients:

- * 2 T Olive Oil
- * 4 large yellow onions – thinly sliced
- * 1 t salt
- * ½ t dry mustard
- * 1-2 dashes of thyme
- * 4 cups of water
- * 2 vegetable bullion cubes
- * 2 T Tamari or Shoyu (optional)
- * Garlic



Directions:

Add Olive Oil, onions and salt into kettle or dutch oven. Cook over medium heat for about ten minutes, stirring occasionally. Add mustard and thyme, stir and cover. Reduce heat to low - continue to cook slowly for about 35 minutes. Onions will be exquisitely soft and simmering in their own liquid. Add water, Tamari or Shoyu and bullion cubes. Simmer about ten minutes. Taste to adjust seasonings. Press garlic into soup after removing from the heat (just before serving).

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>