

Irish Onion Soup

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Ingredients

SERVINGS

8

SERVING SIZE

6 oz

2 tbsp	unsalted butter
3 large	yellow onions, peeled and sliced
2 large	red onions, peeled and sliced
4	shallots, minced
2 cloves	garlic, minced
2	bay leaves
1 tsp	dried basil
1 tsp	dried thyme
1 tbsp	dark brown sugar
3 C	homemade beef stock or canned low-sodium beef broth
1 C	stout
to taste	salt and freshly ground pepper
1 C (4oz)	shredded Kerrygold Swiss or Blarney cheese for topping

Nutrition

Per serving

127	K Calories
5g	Fat
3.3g	Saturated Fat
10g	Cholesterol
85mg	Sodium

Directions

In a large saucepan over medium heat, melt the butter. Add the onions, shallots, and garlic. Cook for 12 to 15 minutes, or until the onions are soft, but not browned. Add the bay leaves, brown sugar, stock/broth, and stout. Bring to a boil, then reduce heat to low and simmer, covered, for 25 to 30 minutes, or until the onions are tender. Season to taste with salt and pepper.

Preheat the broiler. Arrange 8 flameproof crocks on a baking sheet. Ladle the soup into the crocks and sprinkle with the cheese. Place under the broiler 4 in. from the heat source and broil for 1 to 2 minutes, or until the cheese melts and starts to brown. Remove from the oven. Using oven mitts to protect your hands, place a crock in the center of each of 8 serving plates, and serve immediately.