Vegan French Onion Soup

Author: Chuck Underwood   Prep Time: 30 min   Cook Time: 60 min

Total Time: 1 hour 30 minutes   Category: Soups   Method: Stovetop

Cuisine: French   Diet: Vegan

Description

By fan request, I made a classic winter soup with a history as rich as its flavor. This vegan french onions soup is the perfect soup for those cold winter nights.

Ingredients

3 lbs of yellow onions

1 tsp salt

2 cloves minced garlic

1/4 c. cooking sherry (*or dry white wine*)

5 cups water (*plus more for sauteeing the onions*)

1 1/2 Tbs organic Better than Bouillion veggie base

3-4 sprigs fresh Thyme (*5g or 3/4 tsp*)

2 Tbs low-sodium soy sauce or tamari

1 French baguette

vegan cheese (*optional*)

Instructions

1 Prepare onions by slicing them in half from root to tip, then removing the skins

2 Thinly slice the onions from root to tip and add them to a large Dutch oven

3 Add 1/4 cup of water and saute on medium heat for 30-45 min, stirring often and adding water as needed.

4 Meanwhile, cut the baguette into 3/4" slices and toast in a toaster, toaster oven, or in a 350° F oven until browned.

5 Also, prepare broth by bringing 5 cups of water to a boil, adding the dried mushrooms and veggie base, stirring well, then removing from the heat.

6 Once the mushrooms have become rehydrated they can be removed, diced, and added back to the broth

7 Stir the minced garlic into the onions

8 When the onions have browned. deglaze the pan with the sherry, being sure to scrape up any browned bits from the bottom of the pan

9 Tie the thyme sprigs into a small bundle

10 Add the broth, thyme, and soy sauce and mix well.

11 Continue to simmer on med heat for another 15-20 min.

12 Ladle into oven-proof crocs (if using cheese), topped with a baguette toast, and top with vegan cheese

13 Broil until cheese has melted and serve

14 If not using cheese, ladle into bowl and top with toast and serve

Find it online: https://www.brandnewvegan.com/recipes/soups/vegan-french-onion-soup