



# French Onion Beef Soup

## November

**Makes:** 6 servings

**Prep Time:** 20-40 minutes

**Cook Time:** 1.5 hours

## Ingredients

### For the Soup

- 4-6 Tbs Olive oil
- 1 1/2 pounds chopped sirloin (or meat of choice)
- 2 Tbs butter
- 1 C diced onion
- 1 Tbs minced garlic
- 8 ounces sliced cremini mushrooms (optional)
- 2 tsp dried thyme
- 1 tsp dried marjoram
- 1 tsp dried rosemary
- 2 bay leaves
- 1/2 tsp salt
- 1 tsp pepper
- 2 Tbs Worcestershire sauce
- 1 C red wine I use a Pinot Noir
- 8 C beef broth (Bone broth or beef stock)

### Caramelized Onions

- 2 1/2 pounds sweet yellow onions cut in half and sliced thin
- 2 Tbs butter
- 4 Tbs olive oil
- 2 tsp dried thyme
- 1 tsp dried marjoram
- 2 tsp dried rosemary
- 2 Tbs balsamic vinegar
- 1/2 tsp each, salt and pepper

### To Assemble the soup

3 cups Swiss cheese shredded

## Directions

### To make the Soup (preheat oven to 325F)

1. To make the soup, coat the bottom of a large dutch oven with olive oil. Heat up to a medium temperature. Brown the meat in small batches making sure that you season each batch with a pinch of salt and pepper. Set aside when all the beef is browned.
2. In the same pot that the meat was cooked in, over medium heat, melt the butter and add the onions. Cook until the onions become translucent. Add the garlic, mushrooms, herbs, salt, and pepper. Cook for about 7 minutes or until the mushrooms have cooked through. Stir in the Worcestershire, wine and broth. Cover and bring to a boil.
3. Place the beef and garlic, mushroom, herb mix in the covered pot in a 325-degree oven and cook until the beef becomes tender about 1 1/2-2 hours.

### Carmalized Onions

1. While the soup is in the oven make the caramelized onions. In a large sauté pan on medium-low heat, melt the butter with the olive oil. Add the onions, thyme, marjoram, and rosemary. Stir until incorporated. At this point, let the onions cook stirring every ten minutes or so. Continue to cook the onions until they become a deep golden brown. This will take 45-60 minutes. Add the balsamic vinegar and season to taste with salt and pepper. Set aside.

### To Assemble the Soup

1. When the beef soup is done cooking, stir in the onions and keep warm on the stove.
2. To assemble the soup. Use 6 ovenproof soup bowls, add 1/4 cup of the shredded cheese to the bottom of the bowl and ladle the soup over the cheese. Top the soup with another 1/2 cup or so of cheese. Place the soup under the broiler and broil until a golden brown color is achieved.

# HEARTLAND WEIGHT LOSS

