



# Recipes

## Soup

### French Onion Soup

*Prep Time: 5 minutes*

*Cooking Time: 30 minutes*

*Yield: 4 servings*

**Ingredients:**

4 onions, sliced into half moons  
1 teaspoon oil, sesame or olive  
4 cups of water  
3-4 tablespoons soy sauce or dark miso (hatcho)  
Whole grain croutons or toasted bread

**Directions:**

1. In a large pot sauté onions in oil until they start to brown.
2. Add water, bring to boil. Lower the heat and simmer for 20 minutes.
3. Add soy sauce or diluted miso. Simmer for 3 minutes longer.
4. Serve in individual bowls and float a few croutons or toast on top of soup.

**Note:**

- Add a slice of cheese on top of the croutons or bread and place bowl of soup in a 350 degree oven until cheese has melted.