

CIPOLLINI ONION SOUP

Approx. 8 - 1 cup servings

INGREDIENTS:

6 tablespoons olive oil
6 large cipollini onions, sliced and separated into rings
1 tablespoon white sugar
2 cloves garlic, minced
7 cups water
2 carrots, trimmed
2 celery stalks, trimmed
1 Tbsp blackstrap molasses
1 Tbsp Herbamare seasoning
1/4 teaspoon dried thyme
1 bay leaf

DIRECTIONS:

Heat oil in a large, heavy pot over medium-high heat; cook and stir onions until they become translucent, about 10 minutes.

Sprinkle onions with sugar; reduce heat to medium. Cook, stirring constantly, until onions are soft and browned, at least 30 minutes. Stir in garlic and cook until fragrant, about 1 minute.

Stir a little water into onion mixture and scrape bottom of pot to dissolve small bits of browned food from the pot. Transfer onions into a soup pot. Place water, carrots, celery, molasses and herbamare in a blender and blend until liquified. Add 'broth' to the soup pot and stir in thyme and bay leaf. Bring to a boil. Cover and simmer for about 30 minutes.

About 10 minutes before serving, set oven rack about 8 inches from the heat source and preheat the oven's broiler. Arrange bread slices on a baking sheet.

Broil bread slices until toasted, 1 to 2 minutes per side.

Serve soup with bread slices and cream or yogurt.