

Caramelized Balsamic- Red Onion Soup



Serves 6, 115 Cals each

- 1 tablespoon of extra virgin Olive Oil
- 1 tablespoon butter
- 6 large red onions, thinly sliced
- 1 teaspoons salt (to taste)
- 1/4 cup balsamic vinegar
- 2 tablespoons soy sauce
- 2 tablespoons dijon mustard
- 6 cups water
- 1/8 teaspoon freshly ground black pepper

Heat a large pot over medium heat for one minute. Add the oil and swirl to coat the bottom of the pan, and then add the butter. Once it melts, add the sliced onions and salt, and then reduce heat to medium-low. Cook, stirring occasionally, until the onions turn golden brown (about 30 minutes).

Add the balsamic vinegar, soy sauce, and mustard, stir well, and cook for five minutes.

Pour in the six cups of water, and turn the heat to high. When it comes to a boil, reduce the heat to low, partially cover, and simmer for 15 minutes.

Season the soup with black pepper and, if needed, more salt. Ladle the soup into bowls and enjoy.+