Southern Sweet Onion Soup

A bowl of this smooth, mild soup teamed with a plate of seasoned, steamed greens and a whole-grain muffin makes a warming wintertime meal.

Prep Time: 15 minutes
Cooking Time: 45 minutes

3 tablespoons olive oil
2 cups (2 medium) sweet onions such as Vidalia, sliced thinly
4 cups vegetable stock (if stock is unsalted, add 1/2 teaspoon salt)
1 10 1/2-ounce package of soft silken tofu
Dash of nutmeg

1. In a skillet, sauté olive oil and onions over medium heat until transparent. Remove from heat.

2. Pour vegetable stock into a saucepan. Add the sautéed onions and simmer, covered, for about 30 minutes, until onions are very soft.

3. Remove saucepan from heat and transfer mixture to a blender. Break block of soft tofu into pieces and add to soup in blender. Process until smooth and creamy, about 2 minutes.

4. Pour soup into bowls and garnish with a dash of nutmeg. Serve hot or chilled.

Serves 6

Nutritional Information
per serving size

Calories: 124
Fat: 8g
% fat calories: 58
Cholesterol: 0mg
Carbohydrate: 10g
Protein: 4g

6% DV vitamin C
15% DV calcium
10% DV iron