

# Vegan Onion Soup

This is a delicious and hearty soup. Can be served with toasted bread and home made vegan cheese.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 25 mins

Category: Soups

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Onion, white, yellow or red, cooked	4 large
Olive oil	1.5 tablespoon
Organic vegetable stock	4 x 1 cup
Tamari sauce	2 tablespoon
Balsamic vinegar	1 tablespoon
Molasses, blackstrap	0.5 tablespoon
Black pepper, ground	0.5 teaspoon
Thyme, dried	1 teaspoon
Garlic, fresh	1 clove
Bay leaf	1 x 1 leaf

## Instructions

Use white, yellow or brown onions.

1. Peel and slice the onions. I rinse them under cold water before slicing to reduce tearing.
2. Heat oil in a large soup pot and then add the onions. Stir and sauté for about 20 minutes or until onions are caramelized. Add garlic. Continue cooking for about one more minute.
3. Add the remaining ingredients, bring to boil and reduce heat to simmer for 10 minutes.

Serve with toasted bread topped with vegan cheese. You can roast baguettes in the oven with vegan cheese until cheese is melted and bread is crisp then place bread inside the bowl with the soup, or eat separately.