

## 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

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