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 sautéd 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