

Beefy French Onion Soup

*Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370*

Servings: 8

Yield: 8 one-cup servings

7 small (about seven cups) onions, cut in half and thinly sliced
1 tablespoon butter or margarine, melted
2 tablespoons sugar
2 dried bay leaves
1 1/2 pounds beef stew meat
3 cans (10-1 1/2 ounces ea) condensed beef broth
1 cup apple juice
1/4 cup dry sherry or additional apple juice
1/4 teaspoon dried thyme leaves
8 slices (1/2 inch thick) French bread, toasted
2 cups (8 ounces) Swiss cheese, shredded
fresh thyme sprigs (for garnish, if desired)

Preparation Time: 15 minutes

Spray a five- to six-quart slow cooker with cooking spray. In the slow cooker, toss the onions, butter and sugar. Top with the bay leaves and beef.

Cover and cook on LOW heat setting for nine to ten hours or until the onions are a deep brown.

Stir the broth, apple juice, sherry and dried thyme into the beef mixture. Increase the heat setting to HIGH. Cover and cook for 10 minutes longer or until hot. Remove the bay leaves.

Set the oven control to broil. Ladle one cup of soup into each of eight ovenproof soup bowls. Top with one slice of toast and 1/4 cup of cheese. Broil with the tops six inches from the heat for 3 to 5 minutes or until the cheese is bubbly and begins to brown.

Garnish with thyme sprigs, if desired.

Start to Finish Time: 9 hours 30 minutes

Per Serving (excluding unknown items): 1569 Calories; 30g Fat (17.6% calories from fat); 67g Protein; 251g Carbohydrate; 15g Dietary Fiber; 77mg Cholesterol; 2905mg Sodium. Exchanges: 15 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1569	Vitamin B6 (mg):	.7mg
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% Calories from Fat:	17.6%
% Calories from Carbohydrates:	65.0%
% Calories from Protein:	17.3%
Total Fat (g):	30g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	77mg
Carbohydrate (g):	251g
Dietary Fiber (g):	15g
Protein (g):	67g
Sodium (mg):	2905mg
Potassium (mg):	1122mg
Calcium (mg):	640mg
Iron (mg):	13mg
Zinc (mg):	10mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	294IU
Vitamin A (r.e.):	85 1/2RE

Vitamin B12 (mcg):	3.1mcg
Thiamin B1 (mg):	2.5mg
Riboflavin B2 (mg):	1.8mg
Folacin (mcg):	457mcg
Niacin (mg):	25mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	15 1/2
Lean Meat:	3 1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 1569 Calories from Fat: 277

% Daily Values*

Total Fat	30g	47%
Saturated Fat	12g	59%
Cholesterol	77mg	26%
Sodium	2905mg	121%
Total Carbohydrates	251g	84%
Dietary Fiber	15g	61%
Protein	67g	
Vitamin A		6%
Vitamin C		11%
Calcium		64%
Iron		74%

* Percent Daily Values are based on a 2000 calorie diet.