

Easy Onion Soup Maine

Joy Fox - Lenox, ME

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Yield: 8 to 10 servings

*1/2 pound (2 sticks) butter
or margarine*

*3 pounds onion, sliced very
thin*

4 tablespoons flour

4 cans (10-1/2 ounce ea)

beef consomme'

4 soup cans water

Kitchen Bouquet

Preparation Time: 15 minutes**Cook Time: 45 minutes**

In a saucepan, melt the butter. Add the onions and cook slowly until tender but not brown.

Add the flour and blend well. Add the consomme', water and Kitchen Bouquet (to give the shade of brown that you desire). Simmer for 45 minutes.

(The soup is ready to serve, but the flavor improves greatly if it is placed in the refrigerator and aged for four to five days. After aging, it may be frozen.)

Per Serving (excluding unknown items): 986 Calories; 48g Fat (42.4% calories from fat); 18g Protein; 130g Carbohydrate; 23g Dietary Fiber; 124mg Cholesterol; 534mg Sodium. Exchanges: 1 1/2 Grain(Starch); 18 1/2 Vegetable; 9 Fat.