

French Onion Soup with Grilled Cheese Croutons

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Servings: 6

*1/2 cup (one stick) unsalted butter
6 yellow onions, sliced
1 bay leaf
4 sprigs thyme
Kosher salt
freshly ground pepper
butter for grilled cheese, at room temperature
1 baguette, sliced on the diagonal
1/3-inch thick
8 ounces Gruyere cheese, grated
1/2 cup port wine
2 boxes (32 ounce ea) low--sodium beef broth*

Preheat the oven to 400 degrees.

Melt the butter in a large Dutch oven over medium heat. Add the onions and herbs, season with salt and cook, stirring occasionally, until golden and caramelized, about 35 minutes.

Meanwhile, butter the baguette slices on one side. Arrange half of them on a parchment-lined baking sheet, buttered side down. Top each with a generous pinch of gruyere. Set the remaining Gruyere slices into place on top of the cheese, buttered side up, to make twelve small sandwiches. Season the tops with salt.

Once the onions are caramelized, add the port wine and bring to a boil. Reduce the heat to medium-low and simmer, stirring up any browned bits, until the port is almost evaporated, 8 to 10 minutes. Add the beef broth, return to a simmer and cook for 15 minutes. Season with salt and pepper.

Meanwhile, during the last 10 minutes of cooking, bake the sandwiches in the oven until the cheese is melted, about 5 minutes. Flip and bake 5 minutes more.

Put one grilled cheese in each of six bowls. Pour the soup over and top each with one more grilled cheese.

Start to Finish Time: 1 hour

Gruyere is full-flavored and melts extremely well. But it can be expensive. For a less pricey alternative try Fontina cheese.

Per Serving (excluding unknown items): 512 Calories; 23g Fat (41.1% calories from fat); 20g Protein; 53g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 594mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	512	Vitamin B6 (mg):	.2mg
% Calories from Fat:	41.1%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	43.0%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	15.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	23g	Folacin (mcg):	57mcg
Saturated Fat (g):	12g	Niacin (mg):	4mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	31
Cholesterol (mg):	62mg	% Refuse:	n n%
Carbohydrate (g):	53g		
Dietary Fiber (g):	5g		
Protein (g):	20g		
Sodium (mg):	594mg		
Potassium (mg):	334mg		
Calcium (mg):	518mg		
Iron (mg):	6mg		
Zinc (mg):	3mg		
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	860IU		
Vitamin A (r.e.):	220 1/2RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 512 **Calories from Fat:** 210

% Daily Values*

Total Fat 23g	35%
Saturated Fat 12g	62%
Cholesterol 62mg	21%
Sodium 594mg	25%
Total Carbohydrates 53g	18%
Dietary Fiber 5g	21%
Protein 20g	
Vitamin A	17%
Vitamin C	14%
Calcium	52%
Iron	32%

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