

# Roquefort Onion Soup

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 8

*1 tablespoon unsalted butter*  
*1 tablespoon safflower oil*  
*2 pounds onions, thinly sliced*  
*2 cloves garlic, finely chopped*  
*8 cups unsalted chicken or veal stock*  
*2 cups dry white wine*  
*2 teaspoons fresh thyme OR 1/2*  
*teaspoon dried thyme leaves*  
*2 teaspoons fresh lemon juice*  
*1/2 teaspoon salt*  
*1/8 teaspoon cayenne pepper*  
*freshly ground black pepper*  
*4 ounces Roquefort cheese, crumbled*  
*1 tablespoon fresh parsley, chopped*

## Preparation Time: 45 minutes

Melt the butter and oil in a large, heavy-bottomed pot over medium-low heat. Add the onions and garlic and partially cover the pot. Cook for 3 minutes, stirring once. Remove the lid and continue cooking, stirring frequently, until the onions are browned - 20 to 35 minutes. Pour in six cups of the stock and the wine, then add the thyme. Bring the liquid to a boil, lower the heat and simmer the mixture until it is reduced by one third - about 30 minutes. With a slotted spoon, remove about 1-1/2 cups of the onions and set them aside.

Puree' the soup in a blender, food processor or food mill. Return the soup to the pot and stir in the reserved onions. Pour in the remaining two cups of stock, then add the lemon juice, salt, cayenne pepper and some black pepper. Reheat the soup over medium heat for 2 minutes. In the meantime, combine the cheese and parsley in a small bowl and sprinkle the mixture over the soup just before serving.

Start to Finish Time: 1 hour 15 minutes

---

Per Serving (excluding unknown items): 148 Calories; 6g Fat (49.4% calories from fat); 4g Protein; 10g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 396mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

---

Calories (kcal):	148	Vitamin B6 (mg):	.1mg
------------------	-----	------------------	------

% Calories from Fat:	49.4%
% Calories from Carbohydrates:	35.2%
% Calories from Protein:	15.4%
Total Fat (g):	6g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	13mg
Carbohydrate (g):	10g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	396mg
Potassium (mg):	228mg
Calcium (mg):	123mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	184IU
Vitamin A (r.e.):	16RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	27mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	40
% Refuse:	0.00%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 148 Calories from Fat: 73

### % Daily Values\*

<b>Total Fat</b>	6g	10%
Saturated Fat	3g	15%
<b>Cholesterol</b>	13mg	4%
<b>Sodium</b>	396mg	17%
<b>Total Carbohydrates</b>	10g	3%
Dietary Fiber	2g	8%
<b>Protein</b>	4g	
<b>Vitamin A</b>		4%
<b>Vitamin C</b>		13%
<b>Calcium</b>		12%
<b>Iron</b>		3%

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