

Apple Onion Soup Gratin



Servings:

4

Nutrition Information:

Protein: 10g; Fat: 14g; Carbohydrate: 30g; Fiber: 3g; Sodium: 676mg; Cholesterol: 37mg; Calories: 301.

The microwave reduced cooking time for this modern rendition of classic French onion soup; apples enhance the subtle sweetness of onions.

Ingredients:

- 3 tablespoons butter
- 1 large Honeycrisp, Nittany, or Winesap apple, peeled, cored, and chopped
- 1 1/2 cups chopped onions
- 1 can (14 1/2-ounce) beef broth
- 1 1/2 cups water
- 1/2 cup sherry
- 1 teaspoon dried basil
- 4 slices French or sourdough bread

- 1/2 cup shredded Swiss cheese

Method:

- 1) In 2-quart microwave-safe bowl, microwave butter on high (100 percent) 1 minute or until melted. Add apple and onion; microwave on high 5 minutes. Stir and microwave on high 5 minutes longer or until apple is tender and onions are softened. Add broth, water, sherry, and basil. Microwave on high 15 minutes, stirring every 5 minutes.
- 2) Heat broiler of conventional oven; toast slices of bread on both sides. Ladle hot soup into each of 4 oven-safe bowls; top each with toasted bread and some cheese. Broil until cheese melts and browns slightly; serve hot.