



## French Onion Soup with Homemade Beef Stock

READY IN



375 min.

SERVINGS



4

CALORIES



1035 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 pound beef short ribs
- 1 teaspoon pepper black freshly ground
- 0.3 cup butter
- 2 carrots peeled coarsely chopped
- 2 stalks celery with leaves, coarsely chopped
- 2 tablespoons cooking sherry dry
- 0.3 cup cooking wine dry white

- 0.3 cup flour as needed
- 4 slices bread french thick
- 1 teaspoon parsley fresh chopped to taste
- 1 teaspoon thyme leaves fresh chopped to taste
- 3 cloves garlic smashed
- 1 teaspoon garlic powder
- 2 cups gruyère cheese grated
- 1 teaspoon herbs de provence
- 4 servings basil and garlic-flavored olive oil for brushing
- 4 large onions thinly sliced
- 1 teaspoon paprika
- 3 parsnips cubed peeled
- 1 dash pepper sauce hot to taste tabasco® (such as )
- 1 teaspoon salt
- 1 pinch sea salt to taste
- 12 cups water

## Equipment

- bowl
- frying pan
- ladle
- oven
- pot
- broiler
- slow cooker

## Directions

- Place the water, beef ribs, parsnips, onions, carrots, celery, bay leaves, 1 teaspoon of salt, 1 teaspoon of black pepper, and 1 tablespoon of fresh thyme into a large soup pot over medium

heat, and bring to a boil. Reduce heat to a simmer, and cook, skimming and discarding the foam that forms on the top of the broth, until the broth is a rich brown color, 5 to 6 hours. Broth may be made in a slow cooker. Strain the broth, discard the ribs and vegetables, and refrigerate extra broth.

- Melt butter in a large heavy skillet or cast iron pan over medium–low heat, and cook the onions and garlic until caramelized and brown, about 30 minutes.
- Mix flour, herbes de Provence, paprika, and garlic powder together in a bowl, and sprinkle the flour mixture over the browned onions. Cook and stir 5 minutes; add salt and black pepper to taste, and mix in parsley and 1 more teaspoon of thyme.
- Pour in 4 cups of beef broth, white wine, sherry, and hot pepper sauce; simmer until the flavors have blended and the soup has thickened, at least 15 minutes. More time couldn't hurt.
- About 15 minutes before serving time, preheat oven's broiler, and place a rack about 6 inches from the heat source.
- Brush the slices of French bread with flavored olive oil, and toast under the preheated broiler until well browned on each side, 1 to 2 minutes per side. Ladle soup into ovenproof soup bowls, and place a toasted bread slice on top of each bowl.
- Sprinkle each bread slice evenly with Gruyere cheese.
- Place the filled soup bowls under the broiler until the cheese is melted, bubbly, and browned, 2 to 4 minutes or as needed.

## Nutrition Facts

 **PROTEIN 18.33%**  **FAT 50.35%**  **CARBS 31.32%**

## Properties

Glycemic Index:138.08, Glycemic Load:42.41, Inflammation Score:-10, Nutrition Score:47.693912537202%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 31.79mg, Quercetin: 31.79mg, Quercetin: 31.79mg, Quercetin: 31.79mg

## Nutrients (% of daily need)

Calories: 1034.6kcal (51.73%), Fat: 57.62g (88.65%), Saturated Fat: 25.8g (161.28%), Carbohydrates: 80.65g (26.88%), Net Carbohydrates: 69.02g (25.1%), Sugar: 17.19g (19.1%), Cholesterol: 151.94mg (50.65%), Sodium: 1686.47mg (73.32%), Alcohol: 2.32g (100%), Alcohol %: 0.23% (100%), Protein: 47.2g (94.41%), Vitamin A: 6456.06IU (129.12%), Calcium: 844.55mg (84.45%), Phosphorus: 791.2mg (79.12%), Manganese: 1.5mg (74.85%), Selenium: 46.13µg (65.9%), Vitamin B12: 3.89µg (64.77%), Zinc: 8.51mg (56.71%), Folate: 226.41µg (56.6%), Vitamin B1: 0.84mg (56.3%), Vitamin K: 54.36µg (51.78%), Fiber: 11.63g (46.53%), Vitamin B2: 0.77mg (45.51%), Vitamin B6: 0.86mg (42.9%), Vitamin C: 35mg (42.42%), Vitamin B3: 7.92mg (39.61%), Iron: 6.7mg (37.22%), Potassium: 1297.94mg (37.08%), Magnesium: 132.7mg (33.17%), Vitamin E: 4.86mg (32.42%), Copper: 0.55mg (27.33%), Vitamin B5: 1.96mg (19.65%), Vitamin D: 0.4µg (2.64%)