

SOUP

Peasant Garlic Soup

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
46 min	20 min	26 min	4	\$1.31	149 kcal

Peasant Garlic Soup takes approximately 46 minutes from beginning to end. This recipe makes 4 servings with 149 calories, 8g of protein, and 5g of fat each. For \$1.31 per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. It will be a hit at your Winter event.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ ½ teaspoon dried thyme
- ☐ 1 tablespoon chopped fresh parsley
- ☐ 1 ounce 1/4 cup shredded Gruyère cheese
- ☐ 2 teaspoons olive oil
- ☐ 2 ounce diagonally cut French bread (about 1 inch thick)
- ☐ 1 tablespoon all-purpose flour
- ☐ 6 cloves 3/4 cup sliced garlic cloves (about
- ☐ 4 cups low-salt beef broth
- ☐ 2 cups chopped onion (about 2 medium)

EQUIPMENT Bowl, Baking sheet, Ladle, Broiler, Dutch oven

Method

- 1

Heat oil in a large Dutch oven over medium heat; add onion and garlic. Cook 9 minutes or until lightly browned, stirring occasionally.
- 2

Add flour, thyme, and pepper; cook 2 minutes, stirring constantly. Gradually add broth; bring to a boil, stirring occasionally. Reduce heat; simmer, uncovered, 10 minutes, stirring occasionally. Stir in parsley.
- 3

Preheat broiler.

- 4 Place bread slices on a baking sheet.
- 5 Sprinkle 1 tablespoon cheese over bread slices. Broil 1 minute or until cheese melts.
- 6 Ladle soup evenly into bowls.
- 7 Serve with cheese toast.

Nutrition per serving

149	8 g	5 g	18 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2 g · 13% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			4.1 g · 5% of daily needs
Sodium			1,033 mg · 45% of daily needs
Cholesterol			7.8 mg · 3% of daily needs
Vitamin C			8.7 mg · 11% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/peasant-garlic-soup-147844