

French Onion Soup

INGREDIENTS

- 4TBS grass-fed butter
- 2TBS olive oil
- 6-8C sliced yellow onion
- 6-8C oxtail bone broth
- 1-2tsp Sea salt
- 1/2tsp white pepper
- 1/2tsp coconut sugar
- 1C Shredded cheddar cheese
- 1C Shredded Swiss cheese
- 4 slices sourdough bread

1. Melt 2TBS butter and 2TBS oil in dutch oven on medium heat, then reduce heat to low, add onions and begin to saute.
2. Saute onions for 15 minutes covered, stirring occasionally so onions do not burn or stick to bottom of pot.
3. Uncover onions, add salt, pepper, and coconut sugar, then mix well.
4. Saute onions for 40 minutes on low, uncovered, stirring occasionally.
5. After 40 minutes, onions should be thoroughly cooked and browned. Then, add 6-8C oxtail broth and simmer for another 40 minutes.
6. In the meantime, place pieces of sourdough bread on baking sheet and drizzle with olive oil and sea salt on both sides.
7. Toss bread in oven at 375°F for about 2-3 minutes each side. Remove from oven, sprinkle with a handful of cheddar and Swiss cheese, then place back in oven for a few minutes until melted.
8. After soup has simmered for 40 minutes, remove from heat and top with cheese and pieces of sourdough bread then bake at 375°F for about 5 minutes until everything has melted.
9. Remove dutch oven from oven and serve!