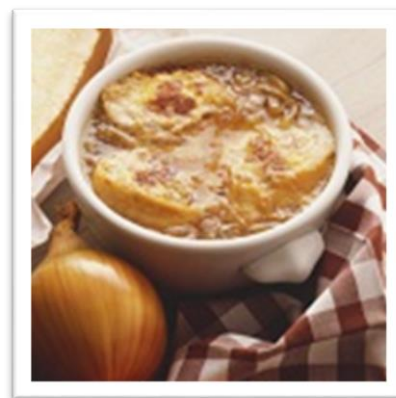


## Apple Onion Soup

A quick version of classic onion soup flavored with chunks of tart apple.

### Ingredients

- 1 tbsp unsalted butter
- 1 lb medium onions , thinly sliced
- 2 medium apples , peeled, cored, and chopped (Granny Smith)
- 6 cup low sodium chicken broth
- 1/2 tsp ground thyme
- 1 pinch salt and pepper (to taste)
- 1/3 cup shredded Swiss cheese



### Directions

1. In large pot, over medium heat, melt butter.
2. Add onions and apples.
3. Cook, uncovered, until apples and onions are tender, stirring occasionally.
4. Add broth and thyme. Partially cover, simmer 20 minutes, stirring occasionally. Add salt and pepper to taste.
5. In 6 serving bowls, add 1 tablespoon cheese. Ladle hot soup over cheese, serve.

Makes 6 servings

### Nutritional Information:

Calories:	106
Total Carbs	14.8g
Fiber	3.2g
Fat	3.6g
Protein	5.4g

Adapted from dlife.com

