

Creamy Onion Soup Recipe adapted from Paleoleap.com

Ingredients

- 4 large onions, roughly sliced;
- ½ tbsp. balsamic vinegar;
- 1 tbsp. maple syrup or honey; (optional)
- 4 cup. vegetable stock;
- ½ cup coconut milk;
- 4 tbsp. ghee or cooking fat;
- Sea salt and freshly ground black pepper;

Preparation

1. Melt the ghee or cooking fat over a medium heat in a saucepan.
2. Add the onions to the melted fat, sauté until tender and golden, about 20 minutes.
3. Drizzle with the balsamic vinegar and maple syrup or honey, and give everything a good stir.
4. Pour in the chicken stock, bring to a boil, and then let simmer 15 minutes.
5. Purée the soup using a blender or immersion blender until you get smooth texture.
6. Add the coconut milk, season the soup to taste, and serve warm.