**French Onion Soup**

**INGREDIENTS:**

- 1 lb. yellow onions, sliced ¼-inch into half circles
- 2 Tbsp. unsalted butter
- ½ Tbsp. all-purpose flour
- ¼ c. apple cider
- 3 c. beef stock
- Pinch dried thyme
- Salt and freshly ground black pepper to taste
- Small French baguette, sliced crosswise into 1/2-inch pieces
- 4 oz. Swiss cheese, grated on the large holes of a box grater

**DIRECTIONS:**

Melt butter in a heavy pot on medium-low heat. Add onions. Spread them out in as thin a layer as possible. Cook, stirring occasionally, until the onions are golden brown, beginning to caramelize, about 1 hour. Sprinkle flour over onions, and stir to coat. Add cider, stock, and thyme, and bring to a simmer. Cook, partially covered, for about 30 minutes, to allow the flavors to combine. Season with salt and pepper to taste. Ladle soup into oven safe serving bowls and place one slice of bread on top of each. Layer each slice of bread with ¼ cup grated cheese. Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly.

**NUTRITION:**

Makes six servings. Each serving has 200 calories, 8 g fat, 10 g protein, 24 g carbohydrate, 1 g fiber, 310 mg sodium.