

Onion soup

Savoury

level 

 1

 30 min



Ingredients

200 ml	Fresubin Energy DRINK Neutral
150 g	onions (1 medium size)
10 ml	sunflower oil (1 tablespoon)
100 ml	meat stock
20 ml	Cream (30 % fat) (2 tablespoons)
20 g	flour, type 405 (2 teaspoons)
15 g	butter
10 g	white bread
10 g	Emmental cheese (45 % fat)
	salt, pepper, nutmeg, garlic, chopped chervil

Nutritional information per serving:

Energy	767 kcal
Protein	20.6 g
Fat	44.8 g
Carbohydrate ...	69.8 g
Fibre	0.0 g



Alternative products:

Fresubin[®] 2 kcal DRINK

Preparation

Cut onions into fine strips and sweat in oil until glazed colourless. Top up with stock and allow to cook for approx. 10 minutes. Add cream and Fresubin Energy DRINK Neutral and heat. Make a roux from flour and butter to thicken the soup, and season.

Toast the white bread and cut into small croutons, top with cheese and gratinate in the oven. Use to garnish the soup.

TIP:

Pour the onion soup into an ovenproof pot, cover the soup with a slice of bread and grated cheese, and gratinate in the oven until the cheese has melted and turned golden brown.