French Onion Soup

Ingredients

- 2 cups beef broth (substitute 1 cup of water for 1 cup of broth)
- 1 Melba toast crumbled or **Melba Croutons** (optional)
- 1 teaspoon Worcestershire sauce
- 1 tablespoon Bragg's liquid aminos (optional)
- 1 tablespoon lemon juice
- 1/4 to 1/2 onion in thin strips
- 1 clove garlic, crushed and minced
- Sea salt and black pepper to taste
- Stevia to taste

Makes 1-2 servings
(1 vegetable, 1 Melba toast)

1 gram protein
1 gram fat

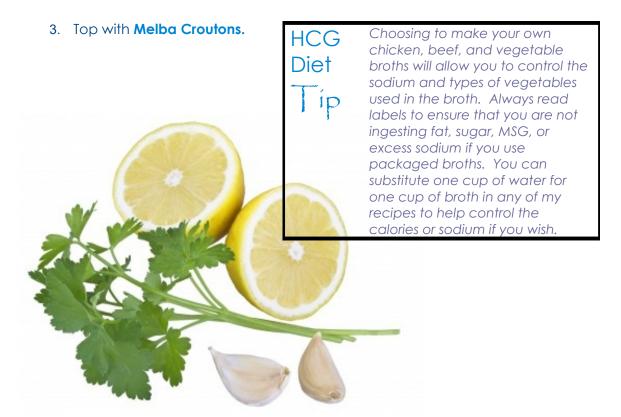
PHASE 3 MODIFICATIONS:

50 calories

Top with mozzarella or provolone cheese.

Directions

- 1. Brown the onions in a little water and lemon juice.
- 2. Add beef broth and spices and simmer for 20-30 minutes.





call email website

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