

## French Onion Sauerkraut Soup

Serves 4

### Equipment Needed:

Saucepan  
Measuring cup and measuring spoons  
Cutting board and knife  
Cheese grater  
Wire rack with pan if serving with crostini toast

### To Make The Recipe:

2-3 onions (about 2-3 inches in diameter)  
1 1/2 tbsp butter or olive oil  
1-2 tsp sucanat or organic sugar or raw honey  
3 cloves garlic, chopped  
1 1/2 cups red wine (Merlot works well)  
3 cups vegetable or chicken broth  
1 tsp dried oregano  
5-6 cups assorted vegetables  
Sea salt and pepper to taste

2-3 tbsp grated mozzarella or raw milk old cheddar per serving (non-dairy cheese can also be used)

2-3 tbsp sauerkraut per serving

Peel the onions and cut in half. Cut into thin slices and pull apart. Melt butter in medium size saucepan over medium heat and add onions. Saute until soft and slightly transparent, stirring frequently. Add the garlic and then the wine.

Bring to a boil. Add the organic sugar, oregano, sea salt and pepper. Add the chicken broth and bring to a boil again. Cover and simmer about for 20-25 minutes. Add vegetables and simmer for another 10 minutes until they vegetables are soft. It is best not to add all the sea salt and pepper at once and save some until the end to get the right flavour balance.

For a more traditional version: Lightly coat a piece of your favourite sourdough bread with butter or olive oil and sprinkle sea salt, pepper and a little oregano. Place on a wire rack that is resting on a baking pan. Bake in the oven for 20 minutes (turn over after 10 minutes) at 275 degrees or until the bread is dry. Add to the soup before adding the cheese.