

French Onion Soup with Garlic & Thyme

Prep 15 min | Cook 60 - 75 min | Rest time 15 min

A classic French onion soup made with deeply caramelized onions, a vegetable-forward broth gently infused with garlic, and a touch of thyme.

Ingredients

- 4–5 large yellow onions, thinly sliced
- 3 tablespoons olive oil, butter, or a combination
- 1 teaspoon kosher salt, plus more to taste
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ –1 teaspoon fresh thyme leaves (or a small pinch of dried)
- 1 small head of garlic (8–10 cloves), peeled and lightly crushed
- 1 tablespoon all-purpose flour (optional)
- $\frac{1}{2}$ cup dry white wine or dry sherry
- 6–8 cups vegetable broth
- 1 bay leaf

Directions

1. Infuse the broth
2. In a small saucepan, gently simmer the vegetable broth with the crushed garlic and bay leaf. Reduce heat and let infuse while preparing the onions. Do not boil. Strain before using.
3. Caramelize the onions
4. In a heavy-bottomed pot, heat the oil and/or butter over medium heat. Add onions and salt and cook slowly, stirring occasionally, until deeply golden and soft, about 35–45 minutes. Add thyme during the final few minutes.
5. Build the base
6. Stir in black pepper and flour, if using, and cook 1–2 minutes to remove the raw flour taste.
7. Deglaze and simmer
8. Add wine or sherry, scraping up any browned bits, and let reduce slightly. Add the infused broth and simmer uncovered for 25–30 minutes. Adjust seasoning to taste.
9. Rest and serve
10. Remove from heat and let rest 10–15 minutes. Serve with toasted bread and cheese if desired, or enjoy as-is for a dairy-free version.



Notes

For serving (optional): Sourdough or baguette, toasted
A good melting cheese, if using (omit for dairy-free)

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