



More than Food

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## French Onion & Kale Soup with Gruyère Croutons

French onion soup gets its flavor from deeply caramelized onions. Achieving full caramelization is the key to greatness! Our version has two secret ingredients: soy sauce and thyme for umami and depth. Of course, it's not French onion soup without a gooey, cheesy crouton on top.

45 min

level 2

veggie

nut free



Tuksan Kale



Yellow Onions



Vegetable Stock Concentrates



Soy Sauce



Thyme



Demi Baguette



Garlic



Gruyère, shredded

Ingredients	2 People	4 People
Tuscan Kale	4 oz	8 oz
Yellow Onions	2	4
Vegetable Stock Concentrates	2	4
Soy Sauce	1) 1 T	2 T
Thyme	¼ oz	½ oz
Demi Baguette	1) 2) 1	2
Garlic	2 cloves	4 cloves
Gruyère, shredded	3) 4 oz	8 oz
Sugar*	1 t	2 t
Butter*	3) 1 T	2 T

\*Not Included

### Allergens

- 1) Soy
- 2) Wheat
- 3) Milk

### Tools

Large Pot, Baking Sheet

Ruler

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**Nutrition per person** Calories: 518 cal | Carbs: 53 g | Fat: 25 g | Protein: 24 g | Fiber: 6 g | Sodium: 1168 mg

Make sure to wash and dry produce before prepping or cooking!



**1 Prep the onion:** Halve, peel, and thinly slice the **onions**.



**2 Caramelize the onion:** Heat **1 Tablespoon butter** in a large pot over medium heat. Add the **onions** to the pot and cook, tossing, for 8-10 minutes, until very soft and beginning to caramelize. Add **1 teaspoon sugar** to the pot and cook, tossing occasionally, for another 20-25 minutes, until dark brown and completely caramelized.

**TIP:** If the bottom of the pan begins to burn, add a splash of **water** and scrape up the browned bits with a wooden spoon.



**3 Prep the ingredients:** Preheat the broiler or oven to 500 degrees. While the **onion** caramelizes, thinly slice the **baguette** on an angle. Halve **1 garlic clove**, then mince or grate the **remaining garlic clove**. Strip the **thyme** leaves off the stem, then roughly chop the leaves. Remove the stems and ribs from the **kale**, then thinly slice the leaves into ribbons.



**4** When the **onion** is fully caramelized, stir the **minced garlic** and **thyme** into the pan and cook for 30 seconds, until fragrant. Stir **3½ cups water**, the **stock concentrates**, and **soy sauce** into the pot. Bring to a boil, then reduce to a low simmer for 5-7 minutes. Stir the **kale** into the soup to wilt. Taste and season generously with **salt** and **pepper**.

**5 Make the Gruyère croutons:** Meanwhile, place the **baguette** slices on a baking sheet and place in the oven for about 1-2 minutes, until toasted and slightly golden brown. Remove from oven and rub the bread with the **halved garlic clove**. Sprinkle the toasts with the **Gruyère cheese**. Return the baking sheet to the oven for another 1-2 minutes, until cheese is bubbly.

**6** Serve the **French onion soup** divided between bowls and top with a few **Gruyère croutons**. Serve remaining **Gruyère croutons** on the side for dipping. Enjoy!