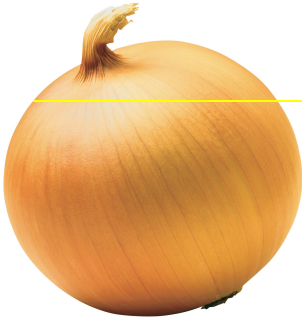


## French Onion Soup

cals: **99.7** fat: **0.2** g protein: **10** g carbs: **15.5** g fiber: **2.2** g

*Number of servings per recipe: 1*  
*Each serving counts as 1 vegetable*



### Ingredients

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- 100 grams onion, thinly sliced
- 2 cups hCG diet approved beef broth
- 3-4 garlic cloves
- Stevia to taste
- 1/4 tsp black pepper

### Directions

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Cook garlic and onions in pan for 5-10 minutes,  
Stir in stevia to taste  
Cook 10-15 minutes until onions are caramelized.  
Add beef broth & bring to boil and cook for 20 minutes.  
Add salt and pepper to taste.

### Nutritional Info

Servings Per Recipe: 1

#### Amount Per Serving

- Calories: 99.7
- Total Fat: 0.2 g
- Cholesterol: 0.0 mg
- Sodium: 1,145.3 mg
- Total Carbs: 15.5 g
- Dietary Fiber: 2.2 g
- Protein: 10.0 g



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