

# 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
- ¼ to ½ onion in thin strips
- 1 clove garlic, crushed and minced
- Sea salt and black pepper to taste
- Stevia to taste

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| Makes 1-2 servings<br>(1 vegetable, 1 Melba<br>toast) |
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| 1 gram protein |
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| 1 gram fat |
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| 50 calories |
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### PHASE 3

### MODIFICATIONS:

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.
3. Top with **Melba Croutons**.

### HCG Diet Tip

Choosing to make your own chicken, beef, and vegetable broths will allow you to control the sodium and types of vegetables used in the broth. Always read labels to ensure that you are not ingesting fat, sugar, MSG, or excess sodium if you use packaged broths. You can substitute one cup of water for one cup of broth in any of my recipes to help control the calories or sodium if you wish.

