

Beefy French Onion Soup

Per serving: cals: **119.8** fat: **3.1** g protein: **9** g carbs: **12.8** g fiber: **2** g

Number of Servings: 3

*Each serving counts as 1 vegetable, 1 protein and 1 melba toast
90 Minutes to Prepare and Cook*

Ingredients

- 1 10oz serving of hCG approved beef broth
- 300 grams beef sirloin steak, lean, grilled, thinly sliced & chopped
- 1 can of tap water
- 12 oz Vidalia onions
- 1 tsp dried thyme
- 1 1/2 tsp. sea salt



Directions

Prep meat by grilling and slicing thinly or chopping into small pieces.

Slice and chop onions, place in soup pot over medium heat with salt and thyme. When heated enough to sizzle, reduce heat, cover and simmer 45 minutes, stirring frequently. Once caramelization begins, add can of beef consommé, 1 can of water and beef. Raise heat to bring to boil then lower heat to medium and simmer 10 to 15 minutes.

Top with 1 piece of Melba Toast. (Nutritional info below doesn't include Melba Toast)

Nutritional Info

Servings Per Recipe: 3

Amount Per Serving

- Calories: 119.8
- Total Fat: 3.1 g
- Cholesterol: 0.0 mg
- Sodium: 1,092.8 mg
- Total Carbs: 12.8 g
- Dietary Fiber: 2.0 g
- Protein: 9.0 g



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