



Instant Pot French Onion Soup

Active Time: 15 minutes | **Total Time:** 30 minutes | **Serves:** 8

Nutrition Information Per Serving

164.4 calories, 8.23 g carbohydrate, 1.06 g fiber, 7.17 g NET carbs, 10.94 g protein, 10.3 g fat

Ingredients

- 8 cup(s) Kettle & Fire Beef Bone Broth
- 4 medium(s) white onions, sliced
- 3 clove(s) garlic, chopped
- 4 ounce(s) pastured gruyere cheese
- 4 Tbsp(s) pastured butter
- 3 whole (s) bay leaves
- 1 Tbsp worcestershire sauce

Preparation

1. Add butter to the Instant Pot vessel. Turn to Saute.
2. When butter has melted, add the onions garlic. Cook, stirring occasionally, for 10 minutes.
3. Add the beef bone broth, Worcestershire and bay leaves. Close and lock the lid. Turn the pressure to HIGH and the time to 5 minutes.
4. While the soup cooks, toast the bread.
5. When time is up, do a natural release or quick release. Remove the bay leaves.
6. Ladle soup into crocks, top each with two slices of toasted bread and half an ounce of gruyere.
7. Transfer to the oven and broil to melt the cheese.
8. Serve.

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