FRENCH ONION SOUP

INGREDIENTS:

2	Onions, sliced
5 cups	Water
1 tbsp.	Low sodium tamari soy sauce
1	Bay leaf
2 tsp.	Thyme, fresh, chopped fine
2 tsp.	Parsley, fresh
To taste	Cream cheese, fat free

METHOD:

- Slice onions and sauté in soup pot over very low flame for one hour or more until very dark brown; stirring often.
- Add water and bring to a simmer.
- Add bay leaf and simmer 30 minutes.
- Add tamari, thyme, parsley and pepper.
- Remove bay leaf.
- Serve with 1 tsp. grated Parmesan and fresh croutons on top

Serves: 6
Serving size: 1 cup
Calories: 12
Fat: Trace