

# Clear Onion Soup

## Ingredients:

- 2 onions, diced
- 1 tablespoon olive oil
- 6 cups low sodium vegetable broth or water
- 2 celery stalks, diced
- 2 carrots, peeled and diced
- 2 garlic cloves
- 1/2 cup button mushrooms, thinly sliced
- 1 tablespoon sliced scallions
- 1/2 teaspoon pepper
- 1 teaspoon Sriracha (optional)

## Directions:

1. Sauté the onions in a pot with oil on medium-high heat until onions are slightly brown.
2. Add the carrot, celery, garlic, and vegetable broth. Bring to a boil and simmer for 30 minutes.
3. Season to taste with pepper.
4. Strain the vegetables from the broth and add the mushrooms and scallions before serving.
5. Add Sriracha to individual bowl if desired.

## Nutrition Facts

Serving Size 2 cups (526g)  
Servings Per Container 4

Amount Per Serving

**Calories 70**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 260mg**      **11%**

**Total Carbohydrate 16g**      **5%**

Dietary Fiber 4g      **16%**

Sugars 11g

**Protein 2g**

Vitamin A 60%      • Vitamin C 15%

Calcium 8%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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