

# Garlic and Onion Soup

3-4 large onions sliced thin  
3-4 garlic cloves minced  
3 T. olive oil  
5 C. water  
Liquid aminos or sea salt to taste  
2 twigs of fresh Thyme or 1 t.  
dried Thyme  
Pinch of cayenne (optional)  
A splash of balsamic vinegar  
(optional)



Slice onions thin and place in a 6 quart pot. Sauté the onions in the olive oil on low to medium heat until very soft, about 25 minutes.

Minced garlic until fine and set aside. After the onions are soft, add the garlic and sauté for 1 minute. Add water, liquid aminos and thyme. Next add balsamic vinegar if desired and a pinch of cayenne. Set lid on and set aside for 5 minutes to let flavors blend. Remove thyme twig and enjoy! Serves 4

When serving children I sometimes will blend the soup all up and then add some toasted bread crumbs or a sandwich for them to dip in their soup. Trick them into liking this onion garlic treat!

Recipe By Kelly Pomeroy