

# French Onion Soup

Not your mother's French Onion Soup. Sure, it has the same rich flavor that comes from slow-cooked onions. And it has the same indulgent topping of melted cheese. But in place of the traditional bread, we're cooking this up with a carb-conscious roasted cauliflower "crouton" and topping it with roasted leeks. It's a sophisticated dinner that's low in calories and high on flavor.

## Getting Organized

### EQUIPMENT

- Large Saucepan
- Large Baking Sheet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/2 Tbsp per serving)

### 5 MEEZ CONTAINERS

- Leeks
- Cauliflower
- Triple Cheese Blend
- Onions
- Broth Starter

INGREDIENTS: Cauliflower, Onion, Swiss, Gruyere, Mozzarella, Bay Leaf, Thyme, Black Pepper, Vegetable Stock, Tamari.

## Good to Know

**Health snapshot per serving** – 280 Calories, 19g Protein, 24g Carbs, 13g Fat, 6 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisks** *Super Easy*

meez *meals*

## 1. Getting Started

Preheat oven to 425 degrees.

## 2. Roast the Leeks and Cauliflower

Arrange the **Leeks** and **Cauliflower** in a single layer on a large baking sheet (or 2 if needed) keeping them separated. Lightly salt and pepper just the leeks and drizzle both with olive oil. Bake until the leeks are slightly brown, and the cauliflower starts to turn brown, about 15 to 17 minutes. Remove the leeks and set aside until step 5.

*After 12 minutes  
watch the leeks  
closely to make  
sure they don't  
burn.*

## 3. Make the Cauliflower "Crouton"

While still on the baking sheet, using a spoon form the cauliflower into two separate rectangles about 4" by 5". Top each rectangle with half the **Triple Cheese Blend** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the "croutons" in the oven until step 5.

## 4. Cook The Onions

While the cauliflower and leeks are roasting, heat 2 Tbsp olive oil in a large saucepan over medium heat. Add the **Onions** and sauté, stirring every few minutes, until the onions become soft and decrease in volume, making sure to keep the heat low enough so they don't turn brown, about 15 minutes.

*After 7 minutes  
keep an eye on  
the cauliflower  
and cheese, so  
it doesn't burn.*

## 5. Make the Stock

Raise the heat to medium high and sprinkle the onions with 1 Tbsp flour. Cook until the flour starts to brown, about 2 minutes. Add the **Broth Starter** and combine, scraping the brown bits off the bottom of the pan.

Add 2 cups water and bring to a rapid boil. Lower the heat to medium and simmer until the soup thickens slightly, about 5 to 7 minutes.

## 6. Put It All Together

Ladle the soup into serving bowls. Use a spatula to remove the cauliflower and cheese from the baking sheet and place in the soup. Top with the crisp leeks and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**