

Foodnity Recipes

Vegan French Onion Soup Recipe

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 4 large yellow onions, thinly sliced
- [ ] 2 tbsp olive oil
- [ ] 6 cups mushroom broth (low-sodium)
- [ ] 1 cup dry white wine or sherry
- [ ] 4 slices day-old baguette
- [ ] 1/3 cup nutritional yeast
- [ ] 2 tsp fresh thyme leaves
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat; add the sliced onions and a pinch of salt, stirring occasionally.
2. Cook onions slowly, stirring every few minutes, until deep golden and caramelized, about 35-40 minutes.
3. Deglaze the pot with wine or sherry, scraping up the browned bits, then pour in mushroom broth and add thyme.
4. Simmer gently for 20 minutes, allowing flavors to meld; season with pepper and adjust salt as needed.
5. While soup simmers, preheat broiler, place baguette slices on a baking sheet, sprinkle with nutritional yeast, and toast until golden.
6. Ladle soup into bowls, float a toasted slice on top, and serve immediately.

Nutrition per serving

210 kcal	8 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the broth tastes flat, add a splash of soy sauce or miso for depth.
- For extra sweetness, stir in a teaspoon of maple syrup with the onions.
- Serve with a fresh green salad, such as Greek salad, for contrast.