

TM

FRENCH ONION LENTIL POTS WITH ONION CREAM TOASTS

The original recipe makes 4 servings. I prefer to divide it into 8 servings and serve with 2-3 ounces of fish to reduce the total carbs and increase the protein. Serve with a side of green veggies and you have a well-balanced meal.

Serves 8

INGREDIENTS

- 2 tablespoons + 1 teaspoon virgin olive oil, divided
- 2 pounds yellow onions, sliced
- 2 teaspoons minced fresh thyme leaves (about 4 sprigs) or 1 teaspoon dried
- 1 bay leaf
- 1 cup French lentils
- 1 tablespoon tomato paste or vegetable puree
- 1 tablespoon balsamic vinegar or apple cider vinegar
- 1 tablespoon gluten-free tamari soy sauce
- Sea salt and pepper to taste
- 4 cups vegetable stock (*Pacific Vegetable Broth, low sodium*)
- 1 teaspoon nutritional yeast
- ½ cup unsweetened almond milk
- 8 thin slices of whole grain baguette (or 4 slices of Buckwheat Bread)

Nutrition Facts	
8 servings per recipe	
Serving size 1/4 cups(314g)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	4%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 300mg	15%
Total Carbohydrate 43g	15%
Dietary Fiber 7g	25%
Sugars 10g	
Includes 0g added sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 4mg	20%
Potassium 490mg	10%

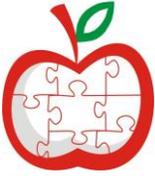
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories.

INSTRUCTIONS

1. In a large soup pot, heat 2 tablespoons of the olive oil over medium heat. Add the sliced onions to the pot. You should hear a decent sizzle. Sauté until the onions are just starting to soften, about 3 minutes. Lower the heat. Slowly cook the onions until they are light brown, slightly jammy, and sweet, stirring frequently. This should take about 40 minutes. Add a splash of water to the pot if the onions start to dry up or burn.
2. Scoop 1/3 cup of the cooked onions out of the pot and set aside.
3. Increase the heat back to medium. Add the thyme, bay leaf, lentils, and tomato paste to the pot. Stir to combine. Add the balsamic vinegar and tamari and use your spoon to scrape up any browned bits from the bottom of the pot. Season the mixture with salt and pepper and then add the vegetable stock. Cover and bring to a boil. Lower the heat to a simmer and cook until the lentils are tender, about 20 to 25 minutes.
4. Remove the bay leaf from the pot and discard. Divide the French onion lentil stew among four 1-cup ramekins. Place the filled ramekins on a baking sheet.

Julie Carrique, 2021 | 905-716-FOOD (3663) | info@kbclub.ca | www.kbclub.ca

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5. Preheat the broiler to high.
6. In a blender, combine the reserved cooked onions, remaining 1 teaspoon of olive oil nutritional yeast, almond milk, sea salt and pepper. Whiz on high until you have a chunky paste.
7. Spread the onion cream thinly over the baguette slices. Place 2 baguette slices over each pot of lentils. Another option is to put all the French onion lentil stew in a larger casserole dish. Cover the entire top of the stew with bread slices spread with the onion cream and cook as one dish rather than individual dishes.
8. Slide the French onion lentil pots under the broiler and cook until the edges of the bread are crisp and browned, about 1 minute. Serve hot.

References:

1. Laura Wright, *The First Mess Cookbook*. (Canada: Penguin Random House, 2017), p. 170.