

Cooking Corner Tips To Help You

Warm Up With Savory Onion Soup

(NAPSA)—If you have a warm spot for onion soup, here's a layer of onion tips and facts about storing and handling that should help you get the most out of the onions you cook with.

- Onions should never be stored in the refrigerator or in plastic bags. The best way to store onions is in a cool, dry, well-ventilated place.

- High heat makes onions bitter. When sautéing onions, always use low or medium heat.

- To reduce tearing when cutting onions, first chill the onions for 30 minutes. Cut off the top and peel the outer layers leaving the root intact. (The root end has the largest concentration of sulphuric compounds that make your eyes tear.)

- Onions not only provide flavor, they also provide health-promoting phytochemicals and nutrients. Onions have only 30 calories per serving and are sodium, fat and cholesterol free.

Here's a delicious recipe for onion soup that will warm you up while adding flavor and nutrition to your diet:

Savory Onion Soup

4 large yellow onions (about 9 to 11 ounces each), sliced
3 tablespoons butter or margarine
1 tablespoon sugar
2 quarts reduced sodium chicken broth
½ cup brandy (optional)
Salt and pepper to taste
½ baguette French bread, sliced, toasted



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Grated Romano cheese (about 4 ounces)

Melt butter in large saucepan that holds at least 4 quarts. Add onions; slowly cook over medium-low heat 20 minutes, or until tender and golden. Stir often. Add sugar and cook, stirring, for 1 minute. Add broth; cover and bring to a boil. Reduce heat; simmer 12 minutes. If desired, add brandy; cook 2 minutes. Season with salt and pepper. To serve, ladle soup into bowl; float toast on soup. Sprinkle with cheese. Makes 6 servings.

For more favorite onion recipes, send a SASE to: National Onion Association, Department O, 822 7th Street, Suite 510, Greeley, CO 80631 or visit www.onions-usa.org.