



## Slow Cooker Caramelized Onions Pasta

### Description

#### Ingredients

4 large yellow onions, thinly sliced  
3 tablespoons olive oil or unsalted butter  
1 teaspoon salt  
1 teaspoon sugar (optional, for extra sweetness)  
4 cloves garlic, minced  
1/2 teaspoon dried thyme  
1/2 teaspoon dried rosemary  
1/4 cup dry white wine or vegetable broth  
1 pound of your favorite pasta (such as spaghetti, fettuccine, or penne)  
1/2 cup grated Parmesan cheese  
Fresh parsley, chopped (for garnish)  
Salt and pepper to taste

#### Directions

1. Begin by thinly slicing your onions. This might take a little time, but the effort is well worth it.
2. Add the sliced onions to your slow cooker, followed by the olive oil or butter, salt, and optional sugar. Stir to combine well.
3. Cover and cook on low for about 8-10 hours, stirring occasionally, until the onions are deeply golden and caramelized.
4. About 30 minutes before the onions are done, stir in the minced garlic, thyme, rosemary, and white wine or vegetable broth. Continue cooking until the mixture is aromatic and well combined.
5. Meanwhile, cook your pasta according to the package directions. Reserve a cup of the starchy pasta water before draining.
6. Combine the caramelized onions with the cooked pasta, adding reserved pasta water as needed to create a silky sauce.
7. Stir in the grated Parmesan cheese and season with salt and pepper to taste.
8. Garnish with freshly chopped parsley and serve immediately.

#### Variations & Tips

For a creamier version, add a splash of heavy cream to the onion mixture before combining with the pasta. To make it heartier, include sautéed mushrooms or wilted spinach. If you're looking for a protein boost, top the pasta with grilled chicken, sautéed sausage, or shrimp. For a vegan twist, substitute the Parmesan cheese with nutritional yeast and ensure you use olive oil instead of butter.

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