



Slow Cooker French Onion Soup

Description

Ingredients

FOR:

1/2 pound (about 680 g) ground beef
1 large egg
1/4 cup milk
1/2 tablespoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon Worcestershire sauce

FOR THE FRENCH:

2 tablespoons butter
large onion, finely chopped
1 sugar. thyme leaves (or 1/2 teaspoon dried thyme)
Salt and pepper to taste
1 cup grated Gruyère cheese (optional, on top)

Preparation :

Mix spices: In a large bowl, mix ground meat, breadcrumbs, eggs, milk, garlic powder, salt, black pepper and Worcestershire sauce. Stir until well combined, but be careful not to overmix to tenderize the meat.

Shape the meatballs: Form the mixture into approximately 2.5 cm meatballs. You should get 20-24 meatballs.

Yellow (optional): For extra flavor, place the meatballs over medium heat before adding them to the slow cooker. This step is optional but recommended.

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STATES:

Caramelize the onions: Melt the butter in a pan over medium heat. Add the chopped onion and sugar (if using) and cook, stirring frequently, until the onion is soft and caramelized, about 15-20 minutes.

Add the flour: Sprinkle the flour over the caramelized onions and stir to combine. Cook for 1-2 minutes to remove the taste of the flour.

Deglaze: Add the beef broth and red wine to the skillet. Bring to a simmer, scraping up any browned bits from the bottom of the pan. Add the Worcestershire sauce, thyme, salt, and pepper. Simmer for a couple of minutes to combine the flavors.

Slow Cook: Transfer the caramelized onion mixture to the slow cooker. Add the meatballs, gently stirring to cover them in the sauce.

Cook: Cover and cook on low for 4-6 hours or on high for 2-3 hours, until the meatballs are cooked through.

Category

1. Grandma Recipes

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