

French Onion Soup

Prep Time: 5 Min **Cook Time:** 35 Min **Total Time:** 40 Min
Serves 1

Ingredients

- 3 pkg Organic Beef Broth
- 3 Large White Onions, diced
- 6 Cloves of Garlic
- 1 lb Inside Round Steak, boneless, cubed small
- 1 tsp. Sea Salt
- 1 Melba Toast, slightly crushed

Instructions

- 1 Put everything into a large pot except for the Melba toast.
- 2 Bring to a boil
- 3 Simmer until beef and onions are tender.
- 4 Measure about 60g of beef and 100g onions for your meal.
- 5 Sprinkle the crushed Melba toast over the top and enjoy.

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