Italian Red Onion Soup (Carabaccia)



Italian Red Onion soup is a traditional soup of the Tuscany region of Italy made with a rich stock, tomatoes and red wine.

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PREP TIME	COOK TIME	TOTAL TIME
20 mins	1 hr	1 hr 50 mins

COURSE	CUISINE	SERVINGS	CALORIES
Main Course, Soup	Italian	8	242 kcal

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INGREDIENTS

- 8 Tbsp Butter
- 6 cups Red Onions sliced or chopped
- 3 Cloves Garlic
- 1 tsp sugar
- 1 ¼ cups Red Wine such as Cabernet Sauvignon
- 8 cups Beef Stock
- 1/3 cup Flour
- 1 cup Tomato Sauce
- 2 tsp Salt
- ¼ tsp Pepper
- 1 tsp Thyme

INSTRUCTIONS

1. Melt the butter, add onions, garlic, and sugar. Sauté cooking slowly until the onions are very soft about 20 minutes. Be carful not to allow the onions to burn.



2. Add the wine and cook until it is reduced by half.



3. Wisk together the tomato sauce and flour making sure there are no lumps of flour in the mixture.
4. Add the tomato sauce mixture, thyme, and stock to the onions. Mix well and bring to a boil. Reduce the heat and simmer for 1 hour.



5. Serve with toasted Italian bread, shredded fontina, or grated parmesan cheese.



NUTRITION

Serving: 8servings	Calories: 242kcal	Carbohydrates: 22g	Protein: 7g	Fat: 12g
Saturated Fat: 7g	Polyunsaturated Fat: 1g	Monounsaturated Fat: 3g	Trans Fat: 1g	Cholesterol: 30mg
Sodium: 1324mg	Potassium: 784mg	Fiber: 3g	Sugar: 8g	Vitamin A: 498IU
Vitamin C: 12mg	Calcium: 62mg	Iron: 2mg		

KEYWORD

Red Onion, Soup, Italian, wine,



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