

Apple Onion Soup

2 Tbsp butter
2 medium-size sweet onions, thinly sliced
1 garlic clove
1 bay leaf
2 medium-size Gala or Honeycrisp apples, peeled and cut into ¼-inch thick slices
6 cups organic chicken broth
½ cup apple cider
1 medium-size russet potato, peeled and cut into ¼-inch thick slices
½ cup heavy cream
1 Tbsp fresh lemon juice
1 ½ to 2 tsp kosher salt
1 tsp freshly ground black pepper

Melt butter in a large Dutch oven over low heat. Add onions and next 2 ingredients, and cook, stirring often, 30-35 minutes or until onions are caramel colored. (Adjust heat to prevent scorching.) Add apples, and cook, stirring often, 5 minutes. Add broth and next 2 ingredients. Increase heat to medium, and bring to a boil, stirring occasionally. Reduce heat to medium-low, and simmer, stirring occasionally, 20-25 minutes or until apples and potato are tender. Remove from heat, and let stand 15 minutes. Discard bay leaf.

Process mixture with a hand-held blender until smooth. Add cream and lemon juice. Return to low heat; simmer, stirring often, 15 minutes. Add salt and pepper.