

Country French Garlic Soup



Ingredients:

2 tablespoons olive oil
1 large onion, chopped
1 bay leaf
2 heads garlic, peeled (leave cloves whole)
6 cups low-sodium chicken or vegetable broth
1/2 teaspoon dried thyme
Salt and pepper, to taste
4 large egg yolks
1/2 cup grated Parmesan cheese
1/2 cup day-old crusty bread, cut into cubes (for serving)
Fresh parsley, chopped (for garnish)

Prep Time: 15 min CookTime: 30 minutes
Servings: 4

Instructions:

Sauté the Garlic and Onion:

Heat olive oil in a large pot over medium heat. Add the whole garlic cloves and cook for 5-7 minutes, stirring occasionally, until the garlic is softened and golden (but not browned).

Add the chopped onion and cook for an additional 5 minutes, until the onion is soft and translucent.

Simmer the Soup:

Pour in the broth, add the bay leaf, thyme, salt, and pepper. Stir to combine. Bring the soup to a boil, then reduce the heat to low. Let the soup simmer for 20-25 minutes until the garlic is very soft and the flavors meld together. Discard the bay leaf.

Blend the Soup:

Using an immersion blender, puree the soup until smooth, or carefully transfer the soup to a regular blender and blend in batches. Return the soup to the pot if using a blender. Thicken with Egg Yolks and Parmesan:

In a small bowl, whisk together the egg yolks and grated Parmesan.

Gradually add a small amount of hot soup to the egg mixture while whisking to temper the eggs.

Slowly whisk the egg mixture back into the pot, stirring constantly. Warm the soup over low heat for a few more minutes, but do not allow it to boil.

Serve:

Ladle the soup into bowls. Top with cubes of crusty bread and a sprinkle of fresh parsley for garnish.