

# Onions FROM GARDEN TO TABLE

Whole ingredients  
Simple solutions





## **SAUTEED ONIONS**

sliced onions sauteed slowly in a couple tablespoons of olive oil at a low temperature, allows the natural sugars to release; sauteed onions can be added to sandwiches and burgers

## **ONION, CARROT AND CELERY**

mirepoix: diced onion, carrot and celery slowly cooked at low temperature is the base for many soups such as butternut squash or chicken noodle

## **OVEN ROASTED VEGETABLES**

chunks of onions, with chopped bell peppers and zucchini tossed in olive oil, roasted in the oven at 350 C; top with feta cheese to finish

## **ON THE GRILL**

drizzle thick slices of onion with olive oil and add to the top rack of the BBQ

## **FRENCH ONION SOUP**

sliced onions sauteed at low temperature, add beef broth and simmer; top with a thick slice of crisp bread and gruyere cheese

## **BEEF STEW**

along with tender beef cubes, onions are an important base for this dish



SERVICES FOR YOUNG MOTHERS