

Vegan Onion Soup

Ingredients

2 tablespoons olive oil
2 white onions, peeled and chopped coarse
2 stalks celery, chopped
4 cups water
2 cups unsalted tomato juice
1/2 cups Kal brand brewers yeast
1/2 teaspoon sea salt
1/4 teaspoon garlic powder
6 sliced whole wheat French bread
1 tablespoon soy margarine
1 tablespoon soy bacon bits

Method

Heat oil in a large soup pot. Saute onion and celery until golden brown, but do not burn. Add water, tomato juice, brewers yeast and seasonings. Cover and simmer over medium heat for 30 minutes. Spread soy margarine on bread slices. Broil five inches from heat until golden, about two minutes or until golden brown. Turn over to brown other side. Remove from oven and slice each toast into four squares. Ladle soup into warm bowls. Float toast pieces and sprinkle with small amount of bacon bits. Yields 6 servings.

Note

Calories: 198, total fat: 8g, cholesterol: 0mg, dietary fiber: 7g, protein: 8g, sodium: 17%, potassium: 18%, iron: 19%, zinc: 11%, vitamin C: 33%