

Beefy French Onion Soup

Total Recipe Time: 25 to 30 minutes

1 pound Ground Beef
2 cans (10-1/2 ounces each) condensed French onion soup
1/2 teaspoon dried thyme leaves
4 slices Swiss cheese
4 slices French bread, cut 1-inch thick



1. Heat large saucepan or nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from saucepan with slotted spoon; pour off drippings. Return beef to saucepan.
2. Add soup and amount of water according to soup can directions. Stir in thyme; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes to blend flavors, stirring occasionally.
3. Cut cheese to fit bread slices; top bread with cheese. Place bread slices on rack in broiler pan so surface of bread is 3 to 4 inches from heat. Broil 1 to 2 minutes or until bread is toasted and cheese is melted and golden brown.
4. Evenly ladle soup into 4 bowls. Top each bowl with 1 bread slice.

Makes 4 servings

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Nutrition information per serving, using 80% lean ground beef: 433 calories; 23 g fat(10 g saturated fat; 8 g monounsaturated fat); 100 mg cholesterol; 1447 mg sodium; 22 g carbohydrate; 2.2 g fiber; 33 g protein; 6.2 mg niacin; 0.4 mg vitamin B₆; 3.1 mcg vitamin B₁₂; 3.2 mg iron; 29.9 mcg selenium; 6.5 mg zinc.

This recipe is an excellent source of protein, niacin, vitaminB₆, vitaminB₁₂, selenium and zinc; and a good source of iron.

Nutrition information per serving, using 93% lean ground beef: 159 calories; 18 g fat (9 g saturated fat; 4 g monounsaturated fat); 102 mg cholesterol; 1206 mg sodium; 27 g carbohydrate; 2.1 g fiber; 37 g protein; 8.2 mg niacin; 0.4 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 4.0 mg iron; 26.7 mcg selenium; 6.2 mg zinc; 83.5 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.

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