

Low-Carb Roast Onion Soup

Hands-on 10 minutes Overall 1 hour



Nutritional values (per serving, about 1 1/4 cups/ 300 ml): Total carbs: 9.9 g, Fiber: 2.8 g,

Net carbs: 7.1 g, Protein: 8.8 g, Fat: 22.9 g, Calories: 274 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)

Ingredients (makes 6 servings)

- 2 large brown onions (300 g/ 10.6 oz)
- 1/2 large head cauliflower (450 g/ 1 lb)
- 4 cloves garlic, still in skin
- 4 tbsp extra virgin olive oil or ghee (60 ml)
- 1/2 tsp sea salt
- 1/4 tsp cracked pepper
- 4 cups vegetable stock or chicken stock (960 ml/ 32 fl oz)
- 1 cup water (240 ml/ 8 fl oz)
- 1 cup grated gruyere or cheese of choice (120 g/ 4.2 oz)

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Instructions

1. Heat oven to 190 °C/ 375 °F (conventional), or 170 °C/ 340 °F (fan assisted). Chop the cauliflower into florets and slice the onion.
2. Place in a roasting dish and toss with the garlic cloves, olive oil, salt and pepper.
3. Bake for about 45 minutes, stirring half way through under the vegetables are nicely browned but not burnt.
4. Remove from the oven and add the cauliflower and onion to a pot with the stock and water.
5. Squeeze the garlic from the skins into the pot. Bring to a simmer and cook for about 10 minutes.
6. Remove from heat and serve topped with grated cheese. Store in the fridge up to 5 days or freeze for up to 3 months.

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