



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

SIMPLE FRENCH ONION DIP

INGREDIENTS:

- 1 TBS olive oil or water
- 1 onion (medium) 7 oz or large, peeled and chopped
- 1/3 cup vegetable broth it is up to 1/3 cup depending on much the onion needs
- 1 1/4 cup Vegan sour cream -or- 3/4 C sour cream + 1/2 C mayo
- 1 tsp onion powder
- 1/8 tsp smoked paprika optional
- 1 TBS parsley (fresh) or dill
- 1 tsp garlic powder
- 1 tsp Braggs Liquid Aminos
- Salt to taste

DIRECTIONS:

- In a skillet, add olive oil or water and chopped onions and cook for about 2 minutes. Stop before they begin to caramelize.
- Add 1-3 TBS of vegetable broth and cook until broth is absorbed. Repeat this step until onions are tender. At the end, you should have approx. a 1/3 C of cooked onions but no liquid.
- Mix the rest of the ingredients together and then add onions, mixing well. You can blend with an immersion blender if you want it smoother.
- Stays fresh for 4-5 days in fridge.
- Serve with a side of crackers, pita chips, etc



