



Slow-Cooker French Onion Soup



1/8 of recipe (about 1 cup): 170 calories, 6g total fat (3g sat. fat), 619mg sodium, 20g carbs, 3g fiber, 7g sugars, 12.5g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 3–4 hours or 7–8 hours, plus 5 minutes



More: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

- 8 cups thinly sliced sweet onions
- 6 cups reduced-sodium beef broth
- 1 1/2 tbsp. whipped butter
- 1 tbsp. balsamic vinegar
- 2 tsp. chopped garlic
- 1/2 tsp. salt
- 1/4 tsp. ground thyme
- 1/4 tsp. black pepper
- 4 slices whole-grain bread with 60–80 calories per slice
- 8 slices reduced-fat Swiss cheese

Directions

Add all ingredients except bread and cheese to a slow cooker. Lightly mix.

Cover and cook on high for 3–4 hours or low for 7–8 hours, until onions are tender and golden brown.

Meanwhile, toast the bread, and cut into quarters.

Portion soup into oven-safe bowls, and place bowls on a baking sheet. Top each bowl with 2 toast pieces and 1 slice of cheese. Broil until cheese has melted, about 3 minutes.

MAKES 8 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.