

# Caramelized Onions

Prep Time: 5 min

Cook Time: 60 min

Servings: 4

This easy recipe is a great way to turn the ordinary into the extraordinary. With just a bit of butter, low heat, and patience, the common onion is transformed! Caramelized Onions are a great addition as a topping, side dish or ingredient. Combine Caramelized Onions with our recipe for Sautéed Spinach, and a bit of feta cheese to make a great filling for an omelet!



## Ingredients

- 2 Tbsp butter
- 2 medium yellow onions, peeled, halved and sliced paper thin (about 4 cups)
- salt & pepper, to taste

## Steps

1. Melt the butter in a large frying pan over medium heat until foaming.
2. Add the sliced onions and sauté for 5 minutes. Add salt and pepper, reduce heat to medium low and cook for about 45-55 minutes. Let them cook, stirring every few minutes, until they are deep golden brown and caramelized. If at any point the onions start to stick to the pan, reduce heat to low.
3. Serve over chicken, in a sandwich, on a top of a pizza, or add veggies and eat as a side dish!