



Caramelized Onions

Nutritional benefits

Onions contain antioxidants and compounds that fight inflammation, decrease triglycerides, and reduce cholesterol levels — all of which may lower heart disease risk. Onions are also rich in Vitamin C, Vitamin B6, Copper, Potassium and Manganese.

How to prepare

Rinse well with cold water.
Repeat again with clean water if necessary.
Cut tips off of ends before eating.

Ingredients

Onion, Spanish, julienne cut 5 lb
Butter 8 oz
Sherry vinegar 1 cup
Sugar ½ cup

Instructions

1. Heat large saucepan, add butter and onions, cook over medium heat stirring frequently until onions are browned and soft
2. Add vinegar and sugar, stir well and scrape all food residue from bottom of pan
3. Turn flame to a simmer and continue to cook stirring frequently until all liquid is dissolved
4. Remove from heat and place into shallow container
5. Cool rapidly, label, date and refrigerate