
Meatballs French Onion Soup au Gratin Style

Tweaked slightly from Cupcakes and Kale Chips blog

Internet Address: <https://cupcakesandkalechips.com/french-onion-soup-au-gratin-stuffed-meatballs>

Servings: 8

Cook Time:



ONIONS:

- 1 tablespoon EVOO**
- 2 large sweet onions, halved and thinly sliced**
- 1 tablespoon fresh thyme, or 1 tsp dried thyme**
- 1 teaspoon salt**
- 1/2 teaspoon pepper**
- 1/4 cup beef broth**
- 1/4 cup red wine**

MEATBALLS:

- 1 3/4 pounds ground beef, or could use ground turkey**
- 1/4 cup bread crumbs, or panko, or gluten free, if needed, or oatmeal**
- 1 tablespoon minced fresh parsley**
- 3/4 teaspoon pepper**
- 1 teaspoon kosher salt**
- 1 large egg**
- 8 ounces mozzarella cheese, about 2 ounces of it cut into half-inch cubes, the remainder shredded for the topping**
- 1/2 tablespoon EVOO**
- Fresh chopped parsley for garnish, optional**

SAUCE:

- 1 3/4 cup beef broth**
- 1/4 cup red wine, I used Pinot Noir**
- 2 tablespoons cornstarch**
- salt and pepper to taste (may not be needed)**

1. **ONIONS:** the onions: Heat oil in a skillet over medium, add onions, salt & pepper, cook 15-20 minutes, stirring frequently or until caramelized. If using sweet onions it will take 30-40 minutes. Add thyme, sauté for minute or two, then add the wine and beef broth. Reduce until very little liquid remains. Pour into a casserole dish large enough to hold all of the meatballs. Set aside.
2. **MEATBALLS:** Combine all ingredients except the cheese in a large bowl, and gently combine with your hands. Divide the meat mixture into 16-18 equal pieces. Take one piece of the meat mixture and flatten slightly into a patty. Place one cube of cheese in the center of the patty and wrap the meatball around the cheese, sealing as best you can. Roll the meatball between your two palms to make it more round. Repeat with the remaining meat and cheese cubes.
3. Preheat oven to 375°F.
4. Heat the oil in a skillet over medium high heat. Add the meatballs and brown on all sides. Place meatballs in casserole on top of the onions.
5. **SAUCE:** Whisk together the sauce ingredients and pour into the skillet you used for the meatballs (that has some residual

fat in it). Heat mixture, stirring frequently, until thickened. Taste for seasonings - it may not need any additional. Pour over the meatballs. Bake for 15-20 minutes.

6. Remove from oven and sprinkle the shredded cheese over the meatballs and return to the oven for another 15-20 minutes, or until cooked through. The cheese may be golden brown in places (perfect). If not, turn on broiler for 2-3 minutes, or until the cheese is browned and bubbly. Garnish with fresh parsley, if desired. Serve over rice, cauliflower rice, noodles, mashed potatoes, or sauteed spinach with butter.

Yield:

ground beef, meatballs

Per Serving (excluding unknown items): 40 Calories; trace Fat (5.4% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 322mg Sodium; 4g Total Sugars; 0mcg Vitamin D; 24mg Calcium; trace Iron; 107mg Potassium; 28mg Phosphorus. Exchanges: 2 Grain(Starch).