



# Caramelized Onions

Makes 1 Cup

## INGREDIENTS

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

## DIRECTIONS

1. Melt the butter in a large frying pan over medium-low heat until foaming.
2. Add the onions, and let them cook, stirring rarely, until they are deep golden brown and caramelized, about 45 minutes. Season well with salt and pepper, remove from the pan, and let cool.
3. Serve over chicken, in a sandwich, on a top of a pizza or add veggies and eat as a side dish!



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.