

Treasure Barrel

French Onion Pasta Recipe: One Pot Wonder

10 min Prep time	**45 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**American / French Fusion** Cuisine

Ingredients

For the Pasta

- [ ] 2 tbsp unsalted butter
- [ ] 1 tbsp olive oil
- [ ] 3 large sweet onions, thinly sliced
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh thyme leaves (or 1/2 tsp dried)
- [ ] 4 cups low-sodium beef broth
- [ ] 1 lb short pasta, such as rigatoni, rotini, or penne
- [ ] 1 1/2 cups shredded Gruyère cheese

For Garnish (Optional)

- [ ] Fresh parsley, chopped
- [ ] Extra black pepper

Instructions

1. Begin by preparing your onions, as they are the star of the show. In a large Dutch oven or heavy-bottomed pot, melt the butter and olive oil together over medium heat. Once the butter is foaming, add all of your thinly sliced onions. It will look like a mountain, but don't worry, they'll cook down beautifully. Stir them well to coat in the butter and oil, then sprinkle with the salt and pepper. This initial step is about getting everything warmed up and ready for the slow, magical transformation.

2. Now, for the patient part. Reduce the heat to medium-low and let the onions cook slowly, stirring occasionally, for about 25-35 minutes. You're not looking to rush this. You want them to soften, release their sugars, and turn a deep, jammy, golden-brown color. The aroma filling your kitchen will be your reward. Towards the end of the cooking time, if you notice them sticking, you can add a tablespoon of water to deglaze the pot. Once they're beautifully caramelized, stir in the minced garlic and thyme leaves and cook for just one more minute until fragrant.

3. Pour in the 4 cups of beef broth, making sure to scrape up any delicious browned bits from the bottom of the pot with a wooden spoon. This 'fond' is packed with flavor you don't want to miss. Increase the heat to high and bring the broth to a rolling boil. Once boiling, add the uncooked pasta directly into the pot. Stir it well to make sure it's submerged, then reduce the heat to maintain a steady simmer. Cook according to your pasta's package directions, stirring occasionally to prevent sticking, until it's al dente.

4 Once the pasta is cooked and has absorbed most of the liquid, remove the pot from the heat. The sauce should be coating the pasta nicely but not be completely dry. Immediately sprinkle in the shredded Gruyère cheese. Stir gently but thoroughly until the cheese is completely melted and has created a luscious, creamy, and slightly stringy sauce that clings to every piece of pasta. Let it rest for a couple of minutes to allow the sauce to set up slightly, then serve hot, garnished with fresh parsley if you like. It's truly a perfect dish for quick comfort.

Nutrition per serving

580 kcal	28 g	65 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- The key to this recipe is patience with the onions. Don't be tempted to crank up the heat to speed it up, as they will burn rather than caramelize. Low and slow is the way to go for that deep, sweet flavor.
- Feel free to use a mix of cheeses if you like. A little Parmesan or even some white cheddar along with the Gruyère can add a nice complexity. Just make sure they are good melting cheeses.
- This dish is rich, so a little goes a long way. It's perfect served with a simple green salad with a bright, acidic vinaigrette to cut through the richness of the pasta.