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About

Published 3 months ago

Time

Time:1h00

Difficulty

Nice & Simple

Posted By



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The Muffin Tin Cookbook

Makes 6 Regular

I've fallen hard for this dish and may never go back to the traditional soup. Each pie is packed with creamy, golden caramelized onions that are delicious and sweet.

Calories 224 calories

Fat 13.8 grams

Protein 3.6 grams

Sodium 530 mg

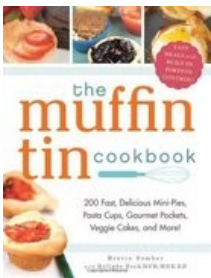
Carbohydrates 22.1 grams

Sugars 2 grams

Fibre 0.7 gram

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Extract from

The Muffin Tin Cookbook by Brette Sember

Published by [F+W Media](#)

Muffin Tins—They're Not Just for Muffins Anymore There's nothing you can't make in a muffin tin—and we're not talking merely muffins. All you need is a muffin tin, paper liners, and this ingenious, one-of-a-kind cookbook, and you can whip up delicious dishes that are as easy to prepare and serve as they are good to eat! From quick-serve appetizers and sides to gourmet entrees and desserts, you'll find an amazing variety of mouthwatering options for your dining pleasure, including: Shrimp Cakes with Cilantro Lime Dipping Sauce Egg Crescent Pockets Deep-Dish Pizza Cups Cornmeal-Crusted Mustard Chicken with

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Recipe

Ingredients

- [1 unbaked refrigerated Pie Crust](#)
 - [2 large Sweet Onion s, peeled and thinly sliced](#)
 - [1 tbsp Olive Oil](#)
 - [1 tbsp unsalted Butter](#)
 - [0.5 tsp Salt](#)
 - [0.5 tsp Sugar](#)
 - [2 tbsp Wondra Flour](#)
 - [1 tbsp Sherry](#)
 - [1 cup beef Broth](#)
 - [Pepper](#)
 - [0.3 cup grated Swiss Cheese , plus 2 tablespoons for topping](#)
-

Project Cost

Cheap



1. 1

Preheat oven to 350°F, and prepare 6 regular muffin cups.

2. 2

Prepare the pie crust.

3. 3

Place a large skillet over medium heat, and add onions, olive oil, and butter.

4. 4

Cook, stirring occasionally for about ½ an hour until onions are caramelized.

5. 5

Add salt and sugar and reduce heat to medium-low and continue cooking and stirring about ½ an hour, until the onions are a deep golden colour.

6. 6

Stir in flour and cook about 1 minute.

7. 7

Stir in sherry and cook until it evaporates, about 1 minute.

8. 8

Stir in beef broth and add pepper, cooking until mixture becomes very thick, about 4–5 minutes.

9. 9

Stir in cheese until it is combined and melted.

10. 10

Fill cups with onion mixture, topping with reserved cheese.

11. 11

Bake 25 minutes until pie crust is golden.

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And you're done!

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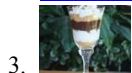
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