

BOURBON BRAISED ONIONS

Time: 30 minutes

Serves: 4

Ingredients:

2 tablespoons butter
2 large onions – halved and finely sliced
½ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
2 tablespoons bourbon

Preparation:

Melt the butter in a pan over low heat.

Add the remaining ingredients, stir and cook covered for twenty five minutes stirring once.

Nutritional Information Per Serving:

Calories: 99
Fat: 6g
Carbs: 8g
Fibre: 1g
Protein: 0.8g