



Caramelized Onion Dip

Servings

16

Calories

100

Prep Time

10 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

- 2 tablespoons butter
- 3 yellow onions, halved, peeled and cut into ¼-inch slices
- 1 cup sour cream
- 1 (8 ounces) package cream cheese
- 1 tablespoon finely chopped flat-leaf parsley
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 1 teaspoon smoked paprika



The Method

Melt butter in a large skillet on medium-high. Add sliced onions, reduce heat slightly and cook, stirring occasionally, about 25 minutes. Onions should gradually turn golden brown – if they start to brown too quickly, turn down the heat. Once they become golden brown, add several tablespoons of water to the pan and scrape the bottom to release the caramelization. Season onions with salt and pepper. Remove pan from heat and allow onions to cool about 10 minutes.

In a food processor, add cooled onions and remainder of ingredients. Process until smooth, scraping the sides of the bowl as necessary.

Makes approximately 2 cups.

Tip: This dip pairs nicely with Mann's Sugar Snap Peas.

Nutrition Facts

Serving Size: 50g | Servings: 16

Amount Per Serving

Calories 100 | Total Fat 9g (sat fat 5g trans 0g) | Cholesterol 25mg | Sodium 190mg | Total Carbohydrate 4g |

Dietary Fiber 0g | Sugars 2g (Includes 0g Added Sugars) | Protein 1g | Vitamin D 0% | Calcium 2% | Iron 0% | Potassium 2%