



Caramelized Onions and Potatoes

Makes 8 servings

Ingredients

2 large sweet onions (such as Vidalia, Maui or Walla Walla),
thinly sliced (2 cups)
1 ½ pounds tiny new potatoes, halved
2 tablespoons butter, melted
½ cup lower-sodium beef or reduced-sodium chicken broth

2 tablespoons packed brown sugar
¼ teaspoon salt
¼ teaspoon ground black pepper
Ground black pepper

Instructions

1. In a 3 ½- or 4-quart slow cooker, combine onions and potatoes.
2. In a small bowl, combine melted butter, broth, brown sugar, salt and the ¼ teaspoon pepper. Pour mixture over onions and potatoes in cooker.
3. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. Stir gently before serving. Serve with a slotted spoon. If desired, spoon some of the cooking juices over potatoes to moisten. If desired, sprinkle with additional pepper.

Nutrition Facts

Serving Size: ½ cup; Calories 131; Total Fat 3g; Saturated Fat 2g; Cholesterol 8mg; Sodium 133mg; Total Carbohydrates 25g; Dietary Fiber 3g; Protein 3g; Sugar 8g

Recipe adapted from www.diabeticlivingonline.com

