**Vegan French Onion Soup (GF)**

This Vegan French Onion Soup is so easy to make, super flavourful and topped with cheesy toast!

Course: Main Course, SoupCuisine: FrenchKeyword: vegan french onion soup, vegan grilled cheesePrep Time: 15 minutesCook Time: 45 minutesTotal Time: 55 minutesServings: 4

**Ingredients**

* 1 tablespoon oil (coconut, vegetable, rapeseed or olive)
* 1 large onion, sliced
* 1 garlic clove, roughly chopped
* 1 teaspoon dried oregano
* 60 ml (1/4 cup) white wine (ensure vegan if necessary)
* 1 [vegetable stock cube](https://www.amazon.com/gp/product/B01G3GLSD2/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01G3GLSD2&linkCode=as2&tag=rhiansrecip00-20&linkId=34266c869957d506fa8946a74e5958d8) (ensure gluten-free if necessary)
* 1 teaspoon [agave syrup](https://www.amazon.com/gp/product/B0170BZV5A/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0170BZV5A&linkCode=as2&tag=rhiansrecip00-20&linkId=340cac8a09ea40e2c19bf8e211c0f1e9) to taste
* Salt + pepper, to taste
* 1 teaspoon cornflour (cornstarch)

**For the cheese:**

* 40 g [(1/4 cup) raw cashew nuts](https://www.amazon.com/gp/product/B001ESOQAM/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B001ESOQAM&linkCode=as2&tag=rhiansrecip00-20&linkId=cfaeb3441632de08c6f9c74035662e5f)
* 30 g (1oz) mochi (the hard firm mochi sold in blocks)
* 1 tablespoon [nutritional yeast](https://www.amazon.com/gp/product/B000WLCHDA/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000WLCHDA&linkCode=as2&tag=rhiansrecip00-20&linkId=27abf529de9eb3d398398589df77709c)
* 1 teaspoon [miso](https://www.amazon.com/gp/product/B002FOJ8ZC/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B002FOJ8ZC&linkCode=as2&tag=rhiansrecip00-20&linkId=9a6a028094d2e1b7d1f8fc709024ea51) (ensure gluten-free if necessary)
* 1 teaspoon apple cider vinegar (ensure gluten-free if necessary)
* Salt + pepper, to taste

**To serve:**

* 4 slices [bread](https://www.rhiansrecipes.com/gluten-free-vegan-bread/) (ensure gluten-free if necessary)

**Instructions**

* Heat up the oil in a large saucepan and add the onion and garlic once hot
* Fry for around 15 minutes until softened and caramelised
* Add the oregano and white wine, and fry for a further few minutes until the wine has disappeared
* Add the stock cube, agave syrup and salt + pepper, along with 850ml (3 1/2 cups) water
* Bring to the boil and simmer on a low heat for around 15 minutes
* Place the cornflour in a small bowl and dissolve in a tiny splash of water
* Keeping the soup on a low heat, add the cornflour paste a tiny bit at a time, stirring constantly and cook for a couple more minutes until thickened. If you think it needs to be thicker, dissolve more cornflour in water and add carefully

**For the cheese:**

* Place the cashew nuts and mochi in a pan with 50ml (just under 1/4 cup) water and cook on a low heat for about 5 minutes or so until mochi has melted and become sticky – until soft enough to stick gently pierce with a fork
* Turn off heat and add nutritional yeast, miso, vinegar, salt + pepper
* Use either a blender, food processor or hand-held stick blender (this is the easiest option as you can just do it in the same saucepan) and whizz until completely smooth

**To serve:**

* Toast the bread, and carefully spoon a few tablespoons of the cheese over each slice of toast
* Ladle the soup into bowls
* Top with the cheesy toast and enjoy immediately!

**Notes**

Melted mochi is extremely sticky, so once you have removed the sauce from the pan, please soak your pan in boiling water immediately – otherwise you’ll have a very tricky washing-up situation on your hands!