

## **Caramelized Onion Tart {Vegan} (from theveglife.com)**

### **FOR THE CRUST:**

- 1-1/2 C All Purpose Flour
- 1/4 – 1/2 tsp Salt (I used 1/4)
- 4 Tbsp Chilled, Vegan Margarine (I love Earth Balance Buttery Sticks)
- 1/4 C Vegetable Shortening
- 3-4 Tbsp Ice Cold Water (I put ice cubes in a cup of water and take my measured Tbsp from there)

### **FOR THE ONION FILLING:**

- 4 Large Onions, thickly sliced
- 1 Tbsp Organic Sugar
- 1 Tbsp Olive Oil (any oil will do here)
- 1/8 tsp of Salt
- OPTIONAL: 1-3 Tbsp Vegetable Stock

### **TO MAKE THE TART CRUST:**

1. In the bowl of a food processor, add all of the ingredients except water. Pulse to process. Begin adding water, 1 Tbsp at a time until it just barely resembles a coarse meal. Do not overmix.
2. Wrap in plastic wrap, form into a flat disc shape and chill for a few hours.
3. Remove from the refrigerator and allow to warm just enough to press into the pan. When it's cold, you'll see it cracking. When you can press the cracked areas together and they stay, it's ready to use.

### **TO MAKE THE ONION FILLING:**

1. In a large saute pan, add 1 Tbsp of oil, four sliced onions, a pinch of salt and 1 Tbsp of sugar. If you are using sweet or Vidalia onions, the sugar can be omitted.
2. Cover and cook on medium high for 10-12 minutes. They should become translucent at this stage.
3. Remove the cover and continue cooking on medium heat, stirring occasionally.
4. If the pan gets too hot or the onions start to stick, add 1 Tbsp of vegetable stock to deglaze the pan. Those brown bits on the bottom of the pan have a ton of flavor.
5. Once the onions are completely caramelized, spoon them evenly into the unbaked tart shell.
6. Bake at 375-400 degrees for approximately 30 minutes or until the crust is golden brown. I started at 375, but near the end turned the heat up to 400 degrees for a bit of extra browning on the crust. Do not overbake.
7. Allow to cool slightly (those onions are HOT). Remove from the pan and slice into wedges.
8. Serve with salad greens and Kalamata olives. They go really well with this tart.