

My Mother's Carrot Soup

Ingredients

2 ponds raw carrots; cut into pieces (small if cooking on the stove, large pieces if using a crock potato

1 very large baking potato; again cut up large or small depending on cooking method.

1 onion, cut up as before.

1 quart chicken broth or vegetable broth

1/3 cup cooking sherry

Instructions

Place all ingredients in a pot. Cook on the stove until the carrots are very tender or in the crock pot for about 4 hours on high. Puree soup in a blender or food processor. Serve hot with sandwiches or you can get fancy with a garnish of cream or fresh herbs.

This is a light soup that may help you incorporate more vegetable in to your diet easily. We loved this soup as children.