

Delicious and Easy Carrot Soup

This is a great way to sneak veggies into your kids' diets. My kids love this, even though they often feel adamant that they **WON'T** eat many of the veggies I put in the soup.

Ingredients

(4 servings)

- 4-6 medium sized carrots cut into 2 inch or smaller pieces
- 2 C chicken broth or water with bullion
- 1 small onion, diced
- 2 T butter, margarine, or oil
- salt, pepper, garlic, other desired seasonings
- other assorted vegetables of your choice (optional), cut into small pieces

Directions

1. Saute onion in butter
2. Add broth, carrots, any other veggies you like (I used some leftover zucchini, cabbage, broccoli, and cauliflower)
3. Boil for 15+ minutes, until all veggies are beginning to be soft
4. Lift the veggies out of the pan with a slotted spoon and place in your blender. Add part of the liquid and blend until smooth. (You can leave some of the veggies out if you want some texture to your soup.)
5. Return the smoothed veggies to the remaining liquid, heat, taste, add water or spices as desired, and enjoy!