

Scotch Broth Soup

Yield: 6-8 portions

1	Tbsp	lard, oil or butter
1		onion, diced
1		large carrot, diced
1/2		small rutabaga, diced
1/2	cup	diced green cabbage
1	tsp	dried rosemary
1		clove garlic, minced
1	lb	lamb shank, neck or shoulder, diced
1	can	diced tomatoes
1/2	cup	barley, rinsed and pre-cooked
2	L	veal or beef stock

1. Sauté vegetables, covered, over medium low heat until tender.
2. Add lamb increase heat to medium high, sauté 5 min.
3. Add tomatoes, barley and stock. Bring to a boil, reduce heat and simmer for 10-15 min. Add salt and pepper to taste. Serve.

