

## **Scotch Broth**

Carrol Bunick

2lb Neck of Lamb. Bone in.

8 cups water

1 cup diced carrots

1 medium onion diced

1 cup diced rutabaga

1 cup diced celery

1 ½ Tsp salt

¼ Tsp pepper

1/4Tsp rosemary

½ cup barley

1 cup red lentils

Place all ingredients into a pressure cooker, or instant pot and cook for 30 minutes.

If using the stove. Place meat, water and veggies into a large saucepan. Add seasonings. Cover and bring to a boil. Lower heat; simmer for 1 ½ hours. Skim fat from soup. Remove meat from the bone and add back to soup. Bring to a boil. Add barley and simmer 30 minutes or until tender. Garnish with parsley.