



A Humble Food for Winter: Scotch Broth from Ladled

 Very Healthy

READY IN



815 min.

SERVINGS



12

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar raw
- 1 cup barley hulled
- 2 bay leaves
- 2 tablespoons butter
- 2 medium carrots peeled chopped
- 2 ribs celery chopped
- 1.5 teaspoons thyme leaves dried

- 2 garlic cloves peeled sliced thin
- 12 servings ground pepper black as needed
- 1 bunch kale
- 1 large lamb shank grass-fed (purchase lamb here)
- 2 teaspoons unrefined sea salt
- 0.5 cup peas split
- 12 cups water plus more for soaking the peas and barley
- 1 large onions yellow peeled chopped

Equipment

- bowl
- pot

Directions

- Place the barley in a small bowl with about 1 cup warm water. Stir in cider vinegar. In a separate bowl, pour the split peas into a bowl and cover with warm water. Leave both bowls in a warm room for 12 to 24 hours. After the time has passed, drain the barley and the split peas, and rinse them well. In a large pot, heat the butter over medium to medium-high heat.
- Add the lamb shanks to the pot and brown them on both sides, turning as needed. Remove the lamb and set aside.
- Add the onions, carrots, celery and garlic to the pot, and saute for 5 minutes, stirring as needed to prevent burning. Return the lamb to the pot and add the thyme, bay, and 12 cups water.
- Pour in the soaked split peas and barley. Bring the soup to a boil, turn the heat to low, cover and simmer for 1 1/2 to 2 hours or until the lamb shanks are very tender and the meat is easy to pull off the bone.
- Remove the lamb shanks from the pot and let them cool. While the lamb cools, stem the kale and chop it into bite-sized pieces
- Add the kale to the pot and simmer for 7 minutes or until the kale is soft. Shred the lamb, and return it to the pot. Salt well, starting with 2 teaspoons, and add freshly ground pepper if desired.
- Garnish with chopped parsley, if you like, and serve.

Nutrition Facts

PROTEIN 13.96% FAT 7.77% CARBS 78.27%

Properties

Glycemic Index:30.15, Glycemic Load:41, Inflammation Score:-10, Nutrition Score:42.661304332964%

Flavonoids

Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg Kaempferol: 5.19mg, Kaempferol: 5.19mg, Kaempferol: 5.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 766.14kcal (38.31%), Fat: 6.82g (10.49%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 154.58g (51.53%), Net Carbohydrates: 116.87g (42.5%), Sugar: 3.45g (3.84%), Cholesterol: 5.08mg (1.69%), Sodium: 446.61mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.15%), Manganese: 4.13mg (206.63%), Fiber: 37.71g (150.85%), Selenium: 75.6µg (108%), Vitamin B1: 1.38mg (91.69%), Magnesium: 282.06mg (70.51%), Vitamin A: 2931.64IU (58.63%), Phosphorus: 573.01mg (57.3%), Copper: 1.09mg (54.29%), Vitamin K: 53.65µg (51.1%), Vitamin B3: 9.7mg (48.48%), Iron: 7.97mg (44.28%), Zinc: 5.89mg (39.25%), Vitamin B2: 0.64mg (37.57%), Vitamin B6: 0.71mg (35.28%), Potassium: 1093.5mg (31.24%), Folate: 74.28µg (18.57%), Vitamin C: 12.22mg (14.82%), Calcium: 111.46mg (11.15%), Vitamin E: 1.37mg (9.12%), Vitamin B5: 0.78mg (7.83%)