

Scotch Broth

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-lamb-shank-stew-recipe>

Ingredients:

- 1 pound lamb shanks about 2 medium shanks
- kosher salt
- freshly ground black pepper
- 2 tablespoons vegetable oil
- 2 bay leaves
- 3 cloves garlic
- 1 medium onion finely chopped, about 1 cup
- 8 cups store bought low sodium chicken broth or homemade
- 2 medium carrots finely diced, about 1 1/2 cups
- 1 parsnip medium, finely diced, about 3/4 cup
- 1 russet potato medium, finely diced, about 1 1/4 cups
- 1/3 cup pearl barley
- 2 tablespoons fresh parsley leaves finely chopped

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 80 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 25 grams
7. SaturatedFat: 7 grams
8. Sodium: 310 milligrams
9. Sugar: 5 grams

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