

# Easy Scotch Broth



## Servings: 6

*3 tablespoons unsalted butter*  
*1/2 lb ground lamb*  
*2 medium onions, chopped (1 1/2 cups)*  
*2 carrots, sliced 3/4 inch thick*  
*1 lb kale, stems and center ribs cut off and discarded and leaves finely chopped (4 cups)*  
*1 Turkish or 1/2 California bay leaf*  
*3/4 teaspoon salt*  
*3/4 teaspoon black pepper*  
*3 cups reduced-sodium beef broth (24 fl oz)*  
*2 cups water*  
*1/2 cup quick-cooking barley*  
*1 tablespoon malt vinegar*

## Cook Time:

Heat 1 tablespoon butter in a 3- to 4-quart heavy saucepan over moderately high heat until foam subsides, then cook lamb, breaking up clumps with a fork, just until no longer pink, about 4 minutes. Transfer lamb to a bowl with a slotted spoon and pour off all but 1 tablespoon fat from pan.

Add remaining 2 tablespoons butter to pan and cook onions, carrots, kale, bay leaf, salt, and pepper over moderate heat, covered, stirring occasionally, until onions are softened, 5 to 8 minutes. Add broth, water, and barley and simmer, covered, until vegetables and barley are tender, about 10 minutes. Add lamb and vinegar and gently simmer, uncovered, 5 minutes (for flavors to blend). Discard bay leaf.

*This speedy version of the long-cooked classic is light and brothy, but it's still substantial and flavorful enough - thanks to lamb, kale, and barley - to be a great winter meal.*

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Per Serving (excluding unknown items): 220 Calories; 15g Fat (60.0% calories from fat); 10g Protein; 13g Carbohydrate; 3g Dietary Fiber; 43mg Cholesterol; 334mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 2 1/2 Fat.