

# LAMB SHANK & BARLEY SOUP

## INGREDIENTS

2 tbs olive oil  
6 trimmed lamb shanks  
1 finely chopped onion  
1 finely chopped leek  
4 cloves crushed garlic  
2 diced carrots  
2 sticks diced celery  
2 liters of beef bone stock  
1 liter water  
3/4 cup pearl barley  
2 tbs chopped fresh rosemary  
2 bay leaves  
2 sprigs of thyme



## METHOD

- Heat 2 tablespoons olive oil in a large saucepan and brown 6 trimmed lamb shanks.
- Remove and set aside.
- Add chopped onion, crushed garlic, carrots and celery and cook for 5 minutes or until lightly browned.
- Return the shanks to the pan and add stock, water, pearl barley, thyme, bay and rosemary.
- Bring to the boil then reduce the heat to low and simmer, covered, for 2 hours.

## HEALING HERBAL MIXES

We recommend making your stock from scratch with your preferred Healing Herbal Stock mix. Our favourite blends for this recipe are Mamma Love, Winter Warmer or Vitality.

Alternatively you can simmer our herbs in a pre-made stock for 1 hour before adding other ingredients.

