

Bag of Bones Soup - a variation on Scotch Broth

2 lb bag of lamb bones, thawed
1 TBSP olive oil
1 Carrot cut into large chunks
large onion cut into quarters
1 stalk celery cut into chunks
1 large onion chopped fine
2 carrots chopped into small cubes
1 stalk celery chopped fine
1/4-1/3 cup pot barley
1-2 bay leaves
1/2 tsp thyme
salt and pepper to taste

In a large stove top to oven pot or dutch oven, brush the bottom with olive oil, add bones, the single carrot, quartered onion and large pieces of celery. Cover and roast at 350°F until well browned. Drain off any excess fat and remove the vegetables (or not if you want a different taste). Add sufficient water to cover the bones and simmer on stove top for about one hour. The longer you simmer the more flavor but make sure you add sufficient water to keep the bones covered.

Remove the bones, remove and retain any meat and place the stock in the refrigerator overnight. In the morning remove all the fat that has collected on the top of the stock. Add back the retained meat, the cubed carrots, onion and celery cubes, pot barley and herbs. Cook until the pot barley and vegetables are tender. Remove the bay leaf and serve.

Vary the amount and type of vegetables for a thicker soup. Try potatoes and or turnip.