

Scotch Broth (serves 3)

Scotch broth is a very traditional Scottish soup and the barley is used to thicken the soup when cooking. It is usually made with root vegetables as described here, but these can be substituted with other vegetables such as cabbage or peas. Barley doesn't just have to be added to Scotch broth of course and you could add it to a range of soups to help thicken the stock and add texture.

Ingredients

100g pearl barley
1 diced carrot
¼ diced turnip (or swede)
1 small diced onion
1 stick of diced celery
½ a sliced leek
40g dried peas
1 stock cube (any meat or vegetable flavour)
2 pints of water
Pinch of salt (if required)
Pinch of ground black pepper

Method

1. Place all the ingredients in a large saucepan and bring to the boil.
2. Reduce the heat and simmer gently for 45 minutes- 1 hour or until the peas and barley are soft.
3. Season to taste.

Nutrition information

Per 100g	Energy 200kJ 47kcal	Fat 0.3g	Saturates trace	CHO 8.4g	Sugars 0.9g	Protein 1.6g	Fibre 2.2g	Salt 0.19g
Per Serving 400g	Energy 799kJ 189kcal	Fat 1.2g	Saturates trace	CHO 33.7g	Sugars 3.8g	Protein 6.5g	Fibre 8.9g	Salt 0.74g

Oat/Barley content

33g

of barley per portion

