

UQ HEALTHY LIVING DIETETICS RECIPES

for over 50s

LOVELY LAMB & BARLEY SOUP

DELICIOUS WINTER WARMER

INGREDIENTS:

- *1/3 cup (75g) pearl barley*
- *2 teaspoons olive oil*
- *1 large onion, finely diced*
- *2 sticks celery, diced*
- *600g lean lamb leg, cut in 2cm cubes*
- *2 cloves garlic, crushed*
- *2 large tomatoes, diced*
- *2 cups (500ml) salt-reduced chicken stock*
- *3 cups water*
- *fresh rosemary, chopped*

METHOD:

1. Cook barley in boiling water for 10 minutes. Drain.
2. Heat oil in a large stockpot over medium heat. Add onion and celery. Cook, stirring occasionally, for five minutes. Turn heat to high, add lamb and garlic. Cook for five minutes or until lamb is browned.
3. Add barley, tomatoes, stock and water to pan. Bring to the boil. Reduce heat to low, partially cover, and simmer for one hour or until lamb is tender. Add water if too thick. Serve with a sprinkle of rosemary.

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