

SLOW ROASTED BEEF SHANK

PREP TIME: 30 MINUTES

COOK TIME: 8 HOURS & 15 MINUTES

TOTAL TIME: 8 HOURS & 45 MINUTES

SERVES: 6

INGREDIENTS

- 2.2 LB BEEF SHANKS
- 2.6 OZ PLAIN FLOUR (OPTIONAL)
- ½ TSP SALT
- ¼ TSP PEPPER
- 2 TBSP OIL
- 1 ONION, CHOPPED
- 2 CARROTS, CHOPPED
- 2 CELERY STALKS, CHOPPED
- 1 TBSP GARLIC, CRUSHED
- ½ CUP RED WINE
- 1 TSP SUGAR
- 1 TSP THYME
- 1.8 LB DICED TOMATOES
- 2 TBSP TOMATO PASTE
- 1 BAY LEAF
- ½ CUP BONE BROTH

INSTRUCTIONS

IN A BOWL, ADD THE FLOUR AND MIX WITH THE SALT AND PEPPER.

COAT EACH SLICE OF THE BEEF SHANK IN THE FLOUR.

IN A FRYING PAN OVER MEDIUM HEAT, ADD THE OIL. COOK THE BEEF IN BATCHES. COOK UNTIL EACH SIDE IS BROWNED (ROUGHLY 3-5 MINUTES).

IN A SLOW COOKER, ADD THE ONION, CARROT, CELERY, GARLIC, RED WINE, SUGAR, THYME, DICED TOMATOES, TOMATO PASTE, BAY LEAF, AND BEEF STOCK. MIX UNTIL COMBINED.

LASTLY, ADD THE BEEF SHANKS SO THAT THEY'RE COVERED WITH THE SAUCE.

COOK ON LOW FOR 8 HOURS OR UNTIL THE MEAT IS TENDER.

