



Slow Cooker Mediterranean Lamb Shanks

Active Time: 20 minutes | Total Time: 2 hours | Serves: 6

Nutrition Information Per Serving

393.3 calories, 12.76 g carbohydrate, 4.92 g fiber, 7.84 g NET carbs, 29.27 g protein, 24.29 g fat

Ingredients

- 1 whole organic eggplant, cut into ½ inch cubes
- 2 clove(s) organic garlic, minced
- 1 medium organic red onion, chopped
- 2 Tbsp(s) fresh parsley leaves, finely chopped
- 1 medium organic red bell pepper, seeded and sliced
- 1/2 tsp(s) dried rosemary
- 1 whole organic orange tomato, seeded and chopped
- 1/2 tsp(s) sea salt
- 1/2 cup(s) organic Kalamata olives
- 1/2 Tbsp(s) arrowroot
- 1/2 tsp(s) freshly ground black pepper
- 2 Tbsp(s) organic extra virgin olive oil
- 1/2 cup(s) organic red wine
- 2 whole stick(s) organic cinnamon
- 32 ounce(s) grass-fed lamb shanks
- 1 tsp organic dried thyme

Preparation

1. Preheat the oven to 325 degrees F. Add oil to a safe nonstick skillet over medium heat. Season the lamb on both sides with salt and pepper, then lightly dust with arrowroot.
2. Once the oil is heated, lightly brown the lamb, 1-2 minutes per side and remove.
3. Add the onion and garlic to the skillet and cook additional 3-4 minutes until onions soften.
4. Add the onions, garlic, lamb, peppers, eggplant, tomato, herbs, cinnamon sticks, and red wine to stoneware of slow cooker or large Dutch oven. Stir to thoroughly combine ingredients.
5. Cover the stoneware and braise in the oven 1 ½ - 2 hours until meat is cooked and tender or place on slow cooker on low for 2 hours.
6. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.