
Slow Cooker Braised Lamb Shanks with Rosemary and Garlic

Servings: 2



*Cooking Time: 6 hours on HIGH plus another 6 hours on LOW
Slow Cooker Size: 5 quart*

- 1/2 cup dry red wine**
- 1 1/2 tablespoons Dijon mustard**
- 1 teaspoon kosher or coarse sea salt**
- 1/2 teaspoon freshly ground black pepper**
- 2 lamb shanks, not trimmed of fat (about 3-4 pounds)**
- 4 large garlic cloves**
- 1 large yellow onion, peeled and coarsely chopped**
- 2 large carrots, peeled and cut in 1/4-inch slices**
- 1 1/2 tablespoons coarsely chopped fresh rosemary leaves**

In a small bowl mix the red wine, mustard, salt, and pepper and place in the insert of the slow cooker. Layer the shanks in the insert so they fit. Scatter the remaining ingredients around and on the shanks. Cover and cook on HIGH for 6 hours. Use tongs to reverse the position of the shanks, top to bottom. Reduce the setting to LOW and cook for an additional 6 hours.

Use a slotted spoon to transfer the shanks to a serving platter. Skim the fat from the cooking juices, taste, and add salt and pepper, if needed. Pour the juices over the shanks, and serve.

Cuisine: Greek

Company Main Course, Keeper, Lamb, Lamb Shanks, Slow Cooker

Per Serving (excluding unknown items): 113 Calories; 1g Fat (8.3% calories from fat); 2g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 207mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.