

# Beef Shank Osso Bucco

Yield: 4 min

Total Time: 155 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-beef-shank-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons salted butter
- 4 beef shanks – 2 – 2 1/2 inch cuts of
- 2 cups all purpose flour
- 1 envelope onion soup mix Beefy
- 64 ounces beef stock
- 1 cup red wine
- 1 Spanish onion medium, diced
- 4 garlic
- 2 large carrots
- 2 celery stalks large, diced
- fresh rosemary
- fresh parsley

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 980 milligrams
9. Sugar: 8 grams

---

Thank you for visiting our website. Hope you enjoy Beef Shank Osso Bucco above. You can see more 18 japanese beef shank recipe Ignite your passion for cooking! to get more great cooking ideas.