

Pot au Feu

Yield: 2 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-japanese-pot-au-feu-recipe>

Ingredients:

- 1 1/4 pounds beef shank with the bone
- 1/2 onion a large, diced
- 2 cloves garlic minced
- 1 1/2 tablespoons olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 carrots cut-up
- 2 bay leaves
- 2 small potatoes peeled and cut into chunks
- 1 tablespoon tomato paste
- lemon juice splash of, a couple teaspoons

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 110 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 67 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1180 milligrams
9. Sugar: 7 grams

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