

Greek-Style Braised Lamb Shanks

Yield: 6 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-style-lamb-shanks-recipe>

Ingredients:

- 3 tablespoons olive oil
- 14 ounces lamb shanks
- 2 celery stalks chopped
- 1 onion large, chopped
- 1 carrot large, chopped
- 6 large garlic cloves chopped
- 3 anchovies drained canned
- 2 cinnamon sticks
- 2 bay leaves small
- 2 thyme sprigs fresh
- 5 juniper berries or 2 tablespoons gin
- 1/4 teaspoon ground nutmeg
- 1 tablespoon tomato paste
- 750 milliliters merlot
- 14 ounces low salt chicken broth
- 14 ounces beef broth low-salt

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 50 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 330 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Greek-Style Braised Lamb Shanks above. You can see more 20 greek style lamb shanks recipe Delight in these amazing recipes! to get more great cooking ideas.