

Italian-Style Instant Pot Lamb Shanks With White Beans

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 1 tablespoon kosher salt divided
- 1 quart water 1 litre
- 8 ounces cannellini dried, or white northern beans
- 2 kilograms lamb shanks
- 2 tablespoons extra virgin olive oil
- 1/2 cup dry white wine or dry white vermouth
- 1 bay leaf
- 1 medium onion quartered
- 2 garlic cloves minced or finely diced
- 2 large carrots peeled, 1 quartered and 1 coarsely chopped
- 1 fennel bulb small, quartered, fronds reserved, optional
- 2 cups chicken stock plus additional if needed
- 1 medium tomato seeded and chopped
- freshly ground black pepper

Nutrition:

1. Calories: 1230 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 365 milligrams
4. Fat: 74 grams
5. Fiber: 4 grams
6. Protein: 104 grams
7. SaturatedFat: 31 grams
8. Sodium: 2410 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Italian-Style Instant Pot Lamb Shanks With White Beans above. You can see more 17 italian style lamb shank recipe Taste the magic today! to get more great cooking ideas.