

# Classic Osso Buco

Yield: 7 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-osso-bucco-recipe>

## Ingredients:

- 3/4 cup all purpose flour
- sea salt
- freshly ground pepper
- 6 veal shanks about 6 lb. total, each about 1 inch thick
- 1/2 cup extra virgin olive oil
- 1 yellow onion chopped
- 1 carrot diced
- 1 celery stalk diced
- 2 garlic cloves minced
- 1 1/2 cups dry red wine such as Barolo
- 1 cup canned tomatoes or peeled, seeded and chopped fresh
- 5 cups beef broth
- 1/2 cup fresh flat leaf parsley minced
- 1 lemon
- 2 garlic cloves minced

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 255 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 69 grams
7. SaturatedFat: 6 grams
8. Sodium: 1020 milligrams
9. Sugar: 2 grams

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