

Braised Lamb Shanks

Yield: 4 min
Total Time: 105 min

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

Ingredients:

- 4 lamb shanks
- kosher salt
- ground black pepper
- 3 tablespoons chili powder
- 2 teaspoons ground coriander seed
- 2 teaspoons ground cumin
- 1/4 teaspoon ground cinnamon
- 4 tablespoons extra-virgin olive oil
- 4 carrots roughly chopped
- 4 celery ribs, roughly chopped
- 4 jalapeños stemmed, seeded, and roughly chopped
- 2 onions medium, roughly chopped
- 10 cloves garlic smashed
- 4 sprigs rosemary
- 4 sprigs thyme
- 1 cup balsamic vinegar
- 6 cups chicken broth
- 2 tablespoons corn starch

Nutrition:

1. Calories: 1140 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 285 milligrams
4. Fat: 70 grams
5. Fiber: 7 grams
6. Protein: 86 grams
7. SaturatedFat: 26 grams
8. Sodium: 760 milligrams
9. Sugar: 17 grams

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