

Easy Slow Cooked Lamb Shank

Yield: 4 min
Total Time: 420 min

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

Ingredients:

- 2 lamb shanks
- 1 onion medium, chopped
- 2 whole tomatoes chopped
- 1 tablespoon tomato paste
- 1 cinnamon stick
- 1/2 teaspoon nutmeg powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground turmeric
- 3/4 cup beef broth
- 3/4 cup red wine
- 1/3 teaspoon saffron
- 2 tablespoons vegetable oil
- salt /Pepper to taste
- 1/2 teaspoon rose dried, flowers, optional

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 145 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 39 grams
7. SaturatedFat: 12 grams
8. Sodium: 520 milligrams
9. Sugar: 4 grams

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