

Chilly Winter's Eve Lamb Shank Supper

4 servings

Preparation time: 45 minutes

Cook time: 2-1/2 hours

- 4 **American Lamb** foreshanks
- Salt *and* coarse pepper to taste
- 1 tablespoon olive oil
- 4 cloves garlic, finely chopped
- 3 carrots, peeled and sliced on the diagonal 1/4-inch thick
- 1 large onion, chopped
- 1 fennel, quartered lengthwise and sliced 1/4-inch thick (do not use solid center)
- 2 bottles (12 ounces each) light to medium beer*
- 1 can (15 ounces) chopped petite tomatoes and juice
- 1 cup fat-free chicken broth
- 10 sprigs fresh thyme
- 3 bay leaves

Generously season shanks with salt and pepper. In large skillet, heat oil over high heat. Brown shanks on all sides until golden brown, about 15 minutes. Remove from pan and place in a 13 x 9-inch baking pan. Pour out liquid from pan.

In same skillet, combine garlic, carrots, onion and fennel; sauté for 6 to 8 minutes to lightly brown, stirring occasionally. Mix in beer or broth, tomatoes and juice, chicken broth, thyme and bay leaves. Bring to a boil. Pour over shanks. Braise in 375°F oven for 2-1/2 hours. Baste shanks with sauce and turn them over every 45 minutes. Serve lamb in large, low-sided soup bowls with broth and vegetables.

*24 ounces of fat-free chicken broth may be substituted.

Nutrition per serving: 463 calories, 37 g protein, 25 g carbohydrates, 19 g total fat, (37% calories from fat), 125 mg cholesterol, 6 g fiber, 943 mg sodium, 7.12 mg niacin, 0.31 mg vitamin B6, 2.56 mcg vitamin B12, 5 mg iron, 9 mg zinc.

Recipe and image provided by the American Lamb Board