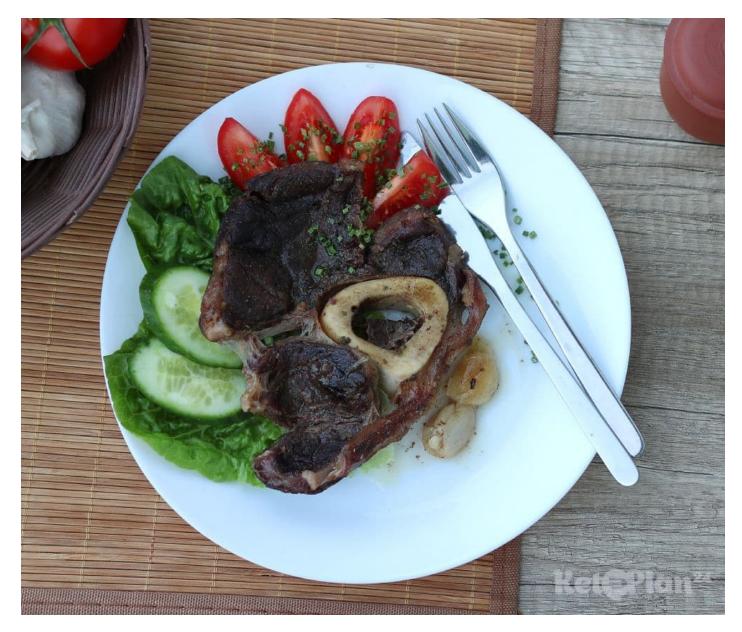
Beef Shanks Flavored with Garlic & Rosemary



This fork-tender slow-cooked beef shank flavored with aromatic rosemary, caramelized garlic, and red wine vinegar is a filling meal to relish for lunch/dinner!

Ingredients for 2 serving (US/Metric)

- 446*g* / 15.7*oz* **Beef Shank**
- 5 cup Beef stock
- 3 *tbsp* **Olive oil**
- 6 pieces Garlic Cloves
- Rosemary sprig
- Red wine vinegar
- Salt & pepper to taste

Nutrition (US/Metric)

Protein: 52% Fat: 42%

• Net carbs: 7%

Instructions

- 1. Coat the beef shank with salt & pepper seasoning!
- 2. Place a braising pan on the stove and drizzle the olive oil.
- 3. Once the oil is hot put the seasoned beef shank in it. Cook till both sides are nicely browned. Take out in a dish and keep aside.
- 4. Reduce the heat to low; put the garlic (use the same pan) and stir fry till light brownish.
- 5. Pour the stock and red wine vinegar, followed by the seared beef shank and let it come to a boil.
- 6. Add the rosemary and cover the pan with a lid. Let it simmer for 2 hours till the beef is cooked through and tender. (*If required, pour some water).