



## Slow Cooked Lamb Shanks in Red Wine

⌚	Prep time:	15 mins
🍲	Cook time:	2½ - 3 hours
🍽️	Serves:	4



### Ingredients

- 4 trimmed lamb shanks
- Flour seasoned with salt and pepper
- 2 Tbsp olive oil
- 2 red onions, sliced
- 3 cloves garlic, crushed
- 1 cup (250mls) red wine
- 420g can **Wattie's Condensed Tomato Extra Rich and Thick Soup**
- 2 Tbsp balsamic vinegar
- 2 sprigs rosemary

### Method

1. Dust lamb shanks with seasoned flour.
2. Heat oil in a flame-proof casserole dish. Brown lamb shanks. Set aside. Add onions and garlic to pan. Cook until softened. Return lamb to casserole dish. Pour over red wine. Bring to boil. Reduce wine by half.
3. Add **Wattie's Condensed Tomato Extra Rich and Thick Soup** , 1 cup water and balsamic vinegar. Stir. Add rosemary. Cover. Place in 150°C oven. Cook for 2 ½ - 3 hours until meat falls from the bones.
4. Reduce sauce on stove top to thicken if necessary.