

# Braised Lamb Shank with Chickpeas and Spaghetti Sauce



FOODSERVICE

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SERVING SIZE: 2

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## Ingredients

- 2 each Lamb Shanks
- 2 teaspoons Salt
- 1 teaspoon Black Pepper
- 3 tablespoons Olive Oil
- 2 cups Onion, Diced
- 1/2 cup Garlic Clove, Peeled
- 4 each Rosemary Sprigs
- 2 each Thyme sprigs
- 2 cups Merlot
- 6 cups **Furmano's Home Style Spaghetti Sauce**
- 2 cups **Furmano's Chick Peas (Garbanzo Beans)**, Drained & Rinsed

## In This Recipe



Chick Peas (Garbanzo), Low Sodium - Bella Vista



Extra Fancy Chick Peas (Garbanzo Beans)



Home Style Spaghetti Sauce

## Preparation

1. Preheat oven to 300F
  2. Season Lamb Shanks with Salt and Pepper set aside for ten minutes.
  3. In a medium sized stock pot or dutch oven over medium high heat, add Olive Oil once oil starts to shimmer add Lamb Shanks. Sear for three minutes on each side. Reserve.
  4. Add Onions to pot, scrape the fond off the bottom and continue to caramelize onions developing flavor. Add in Garlic Cloves and stir.
  5. Add in Wine and scrape the pot. Add in Spaghetti Sauce, stir. Bring to a simmer. Add in Chickpeas and Herbs. Heat to 165F.
  6. In a roasting pan add Lamb Shanks and pour Spaghetti Sauce Mixture over lamb shanks, cover with foil. Let braise in oven for three to four hours, until the lamb shank is tender. Serve Lamb Shank with Spaghetti Sauce Mixture.
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