

Soup Bones (shanks)

\$9.00/ lb + tax

Best Prepared

- Stewed or slow cooked
- Braised

Meal Suggestion:

- Beef Stew
- Beef Broth
- Braised Beef Shank

Canyon Meadows Ranch Grass Fed

Serves: 6

Cook Time: 3 hours

Soup Bone

Ingredients:

- Canyon Meadows Ranch Soup Bone (4 ½ to 5 lbs), tied
- 3 T vegetable oil
- 1 large red onion, cut into 1-inch pieces
- 1 rib celery, cut into 1-inch pieces
- 1 dried bay leaf
- 1 T fresh oregano leaves
- 2 cups red wine, such as pinot noir
- ¼ cup chopped flat-leaf parsley
- ½ cup all-purpose flour
- Coarse salt & freshly ground pepper
- 2 carrots, cut into 1-inch pieces
- 1 leek, white part only, cut into 1-inch pieces
- 2 tablespoons fresh thyme, leaves
- 1 (14-oz) can whole plum tomatoes, crushed
- 2 cups low-sodium beef stock
- Zest of 1 lemon

Directions

1. Preheat oven to 350 degrees F.
2. Heat vegetable oil in a large Dutch oven over medium-low heat until very hot. Place flour in a shallow dish. Season soup bones with salt & pepper; dredge in flour, shaking off excess. Working in batches if necessary, add soup bones to Dutch oven (they should sizzle immediately). Cook, turning, until browned on all sides, 10 to 15 minutes. Remove soup bones from Dutch oven & set aside.
3. Add onion, carrots, celery, and leek to Dutch oven; cook, stirring, until softened and lightly browned, 8 to 10 minutes. Add bay leaf, thyme, oregano, tomatoes, wine, and stock. Return soup bones to Dutch oven and bring to a simmer. Cover and transfer to oven; cook, checking occasionally to make sure the liquid is still simmering, until meat is very tender, about 2 ½ hours.
4. Remove from oven and transfer shanks to a platter; cover with parchment paper-lined aluminum foil to keep warm. Place Dutch oven over medium heat; simmer until sauce is thickened, about 15 minutes. Season with salt & pepper. Return soup bones to Dutch oven to heat through and coat with sauce. Sprinkle with chopped parsley and lemon zest; serve.