



Wine-Braised Beef Shanks

from Wild Oats Market

2½ lbs. beef shanks

1½ cups red wine

2 cups beef broth

5 cloves garlic, peeled

2 onions, peeled, quartered

6 carrots, peeled, chopped

3 stalks celery, chopped

2 tsp. thyme

2 tsp. oregano

1 tsp. onion powder

Place beef shanks, garlic cloves, onion, carrots and celery into a slow cooker. Combine thyme, oregano and onion powder in a small bowl and sprinkle over the meat and vegetables. Cover with wine and broth.

Cook for 8 hours on low. Serve over mashed potatoes or egg noodles.

