

# Baked Lamb Shanks

## Ingredients

6 lamb shanks; cracked  
garlic cloves  
3 ts salt  
1/2 ts pepper  
3 onions; sliced  
4 sm carrots; cut in thin strips  
4 celery stalks; 2" strips  
2 bay leaves  
1 ts oregano  
1 ts thyme  
1/2 c dry white wine  
1 cn tomato paste; 8 oz.

## Directions

Rub lamb shanks with garlic and season with salt and pepper. Place vegetables in bottom of removable liner; add meat and all other ingredients. Place liner in base. Cover and cook on low 8-10 hours, high 4-5 hours or auto 6-7 hours.