

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.