

# Delicaé Gourmet Product Information

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## # 48311 Mediterranean Lamb Shanks

Tender lamb cooked with tasty beans and vegetables brings the flavor of the Mediterranean to your kitchen.

### Just add Lamb and Tomatoes.

**Ingredients:** Navy Beans, Dehydrated vegetables (Carrots, Onions, Peas, Celery), Minced Garlic, Rosemary, Oregano and Black Pepper.

### Ingredients needed

- 2 14 1/2 oz can of petite diced tomatoes
- 6 3/4 lb lamb shanks
- 4 cups of water or low sodium chicken broth
- 1 cup of red wine (optional) **Do Not Use Cooling Wine.**

### Cooking Instructions

1. Place the lamb shanks in the bottom of the slow cooker.
2. Rinse and sort the beans and layer over the lamb shanks.
3. Layer the contents of the vegetable and spice packets over the beans.
4. Top evenly with the diced tomatoes.
5. Slowly pour the water or chicken broth and wine over the ingredients. **Do not stir.**
6. Cover & cook on high for 4 1/2 to 5 1/2 hours or low for 8 to 9 hours. **Do not lift lid while cooking.**
7. Salt to taste.

### Serving Suggestions

Top with a combination of chopped garlic, parsley, black olives and capers.

Serve with crusty Italian bread and a green salad.

Garnish with rosemary sprigs and serve with lemon wedges.

### Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Empty contents of bean packet into a large bowl, sort and rinse beans before soaking in water for 6 to 8 hours.
2. After soaking, drain beans and place in 5 to 6 quart stock pot with lid.
3. Add lamb shanks and tomatoes with broth, water and wine. Cover and place on low heat for 1 hour.
4. Turn stove to simmer. Add vegetable and spice packets. Carefully stir contents and let cook another 2 hours.
5. Watch closely, adding water if needed. Stir often, checking beans to determine if done.
6. Continue to cook until lamb shanks are fully cooked, and starting to fall off of the bone.
7. When ready to serve, add salt and pepper to taste.

## Nutrition Facts

Serving Size As Packaged 1.2 oz. (35g)

As Prepared 13 oz (371g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
<b>Calories</b>	120	420	
Calories from Fat	5	170	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0.5g*	<b>1%</b>	<b>29%</b>	
Saturated Fat 0g	<b>0%</b>	<b>40%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>33%</b>	
<b>Sodium</b> 35mg	<b>1%</b>	<b>19%</b>	
<b>Total Carbohydrate</b> 24g	<b>8%</b>	<b>10%</b>	
Dietary Fiber 6g	<b>24%</b>	<b>24%</b>	
Sugars 4g			
<b>Protein</b> 6g			
Vitamin A	130%	140%	
Vitamin C	6%	35%	
Calcium	6%	15%	
Iron	10%	25%	
<small>* Amount in Mix. As prepared, one serving provides 19g total fat (8g saturated fat), 100mg cholesterol, 460mg sodium, 29g carbohydrate (6g fiber, 7g sugar) and 33g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4