

## Lamb Shanks

Serves: 2 - 4

Prep Time: 30 mins

Cook Time: 60 mins

### Ingredients:

2 Lamb Shanks

Salt and Pepper, to season

2 Carrots, peeled and chopped

½ Onion, Chopped

2 cloves garlic, minced

1 c. red wine

6 c. beef broth

### Directions:

Rinse lamb shanks and dry with a paper towel. Salt and Pepper them on all sides. Heat a medium sized skillet on medium heat. Add olive oil and swirl to coat the skillet. Using tongs, carefully place lamb shanks in the skillet and sear them on each side until browned. Place them into the InstaPot. Add onion and carrots to the skillet and sauté for a few minutes, then, add the garlic and sauté for a minute or two. Pour the veggies into the InstaPot. Pour the red wine into the skillet to deglaze the pan, and add beef broth and heat thoroughly. Add this to the InstaPot and seal the pot, making sure the steam valve is closed. Set the InstaPot to Pressure and set the time for 60 minutes. Let the pressure release naturally.

### Notes:

You can also make this in a slow cooker – follow the same steps, but cook on low for 8-9 hours.

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