

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688
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48311 Mediterranean Lamb Shanks Net Wt. 8.7 oz. (246g)

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

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

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)

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 and cook on high for 4 1/2 to 5 1/2 hours or low for 8 to 9 hours.
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.

Nutrition Facts

Serving Size As Packaged 1.2 oz. (35g)
As Prepared 13 oz. (371g)
Servings Per Container 7

Amount Per Serving	As Packaged	As Prepared
Calories	120	420
Calories from Fat	5	170
% Daily Value**		
Total Fat 0.5g*	1%	29%
Saturated Fat 0g	0%	40%
Trans Fat 0g		
Cholesterol 0mg	0%	33%
Sodium 35mg	1%	19%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 6g	24%	24%
Sugars 4g		
Protein 6g		
Vitamin A	130%	140%
Vitamin C	6%	35%
Calcium	6%	15%
Iron	10%	25%

* Amount in Mix. As prepared, one serving provides 19g total fat (8 saturated fat), 100mg cholesterol, 460mg sodium, 29g carbs (6g fiber, 7g sugar) and 33g protein.

**Percent Daily Values (DV) are based on a 2,000 calorie diet.