



# SLOW-COOKER VENISON SHANKS (AKA Osso Buco)

*Serve with Saffron rice or Risotto*

## **Ingredients**

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| 4 Highland Farm Premium Venison Shanks                     | 1 Stalk celery, chopped                        |
| ¼ Cup all-purpose flour                                    | ½ tsp Salt                                     |
| 2 Roughly chopped red onion                                | ½ tsp Ground pepper                            |
| 2 tbsp. Unsalted butter                                    | 1 Bay leaf                                     |
| 2 tbsp. Olive Oil  | 3 tbsp. Finely chopped fresh flat leaf parsley |
| 1 (14.5-ounce) Can diced tomatoes                          | 2 Cloves garlic, thinly sliced                 |
| 1 ¼ Cup fat free, less sodium chicken broth                |  |
| 2 Medium carrot, peeled and cut into 1/4-inch-thick rounds |  |

## **Preparation**

Season the flour with salt and pepper. Toss the Venison Shanks with the flour until evenly coated. Melt the butter and olive oil in a large skillet over medium heat. Cook the shanks in skillet until golden brown on all sides, about 10 minutes per side. Combine the onion, carrots, celery, and garlic in a large slow cooker. Set the meat atop the vegetables, then pour in the chicken stock and diced tomatoes. Season with parsley and bay leaf. Cook on low for 8 hours until the meat is falling off the bone. Season to taste with salt and pepper before serving